

SIMPLE TIPS FOR COPING WITH GRIEF

Return to the basics

Grieving is exhausting. Take it day by day. Focus on building a routine that prioritises sleep, nutrition, and plenty of water.



Move your body

Take short breaks throughout the day for gentle movement. Stretch your arms above your head, or go for a walk around the block.

Practice mindfulness

Simple techniques can help to ground you in the moment. What are 3 things you can see, 2 things you can hear, and 1 thing you can touch/feel?



Build connections

Make time for yourself. But don't be afraid to ask for and accept help. We don't love alone, so we don't have to grieve alone either.

Take time to reflect

What were your favourite memories with your loved one? How have your feelings changed in recent weeks?



Strengthen your bond

When you are ready, find ways of connecting with your loved one. Visit a spot they loved, play their favourite song, or look through pictures.

Be kind. Be gentle.

Be compassionate to yourself.

Know that you are doing your best.



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