

Coping with Grief By Cheryl Assauge

The experience of grieving is a unique process for each person. At LifeConnect the therapists will help you find a balance between giving the sadness space and replenishing your inner self to allow for new life. Psychotherapist and LifeConnect Director, Cheryl Assauge, explains that most people need to learn how to grieve and benefit from support that emphasizes nurturing ourselves.

1) Good diet

Fresh fruit and vegetables are replenishing for the body and an important part of the recovery process.

2) Exercise and fresh air

Spend time outside. Walking can work at a subconscious level for moving through grief. In this way, walking is to grieving like digestion is to food. Take a long walk and when you arrive at a peaceful place stop and sit. Look out over the horizon. Gently reassure yourself. The words, "let go, let be, I am safe" may offer some comfort.

3) Rest

We continue to process grief when we are sleeping. Grief can be exhausting and rest is part of letting go.

4) Time to be with ourselves

This is more than being alone. In this space we are open to our thoughts and feelings and compassionate towards ourselves.

5) More baths than showers

While you are in the bath, drink a glass of water as well as soak in the water. This is replenishing. Through the water we are taking in new life. Hints of lemon or lavender in the bath water may also be soothing.

6) Drink lots of water

Drink a glass of water every hour and follow it with ten slow deep breaths. The water will help to flush out the stress hormones.

When you pass the water be mindful that you are letting go or releasing the sadness.

7) Start gardening or composting

You will see a transformation of life and at the same time you may notice a dying and renewing within yourself. This practice can be healing and affirming.

8) Make your home a beautiful space

Clean out cupboards and remove clutter. Tell yourself that you are letting go of "old" and making space for "new". Fill your house with things that represent new life such as a bowl of fresh fruit or flowers.