

# Grief Self-Care

## Physical

Ex: drink water, go for a walk, ask for hugs, get a massage, etc.

---

---

---

---

---

---

## Psychological

Ex: journal, join a support group, therapy, meditation, etc.

---

---

---

---

---

---

## Emotional

Ex: cuddle a pet, cry, name your emotions, explore a hobby, etc.

---

---

---

---

---

---

## Personal

Ex: read a book, spend time with family/friends, take a nap, etc.

---

---

---

---

---

---

## Spiritual

Ex: spend time in nature, yoga, dance, volunteer for a cause, etc.

---

---

---

---

---

---

## Professional

Ex: take a full lunch break, set boundaries, use vacation time, learn to say NO, etc.

---

---

---

---

---

---