

Living Through Loss Counselling Society of B.C.

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How To Take Control When You Feel Out Of Control Due To Loss

Grief is a process that takes time, patience, and understanding. There are, however, some things you can do to take some control during this painful time:

- Reduce caffeine intake-it acts as a stimulant and dehydrates
- Reduce sugar intake – it depresses the immune system
- Reduce alcohol intake-it acts as a depressant
- Drink 6 to 8 glasses of water a day –our bodies are 70% water, every system in our bodies depends on it
- Eat lots of juicy fruits and vegetables- healthy diet
- Exercise daily –getting into a routine is important as well as getting your body to move allows you to take control
- Don't isolate yourself, share your pain with a compassionate person
- Allow yourself time to mourn-grieving takes time and attention
- Using a journal can ease the pain. Make your journal your best friend, you can pour your feelings out without fear of evaluation
- Nurture yourself, use art, poetry, music, massage, or anything that makes you feel good
- Meet your daily needs for survival taking care of yourself , love through friends, family, higher power, fun, freedom (make choices) power (feeling some success with what you do)
- Believe in yourself and your ability to adjust to your pain
- Above all, **BE GENTLE WITH YOURSELF**