

## Fairview Hospice Bereavement Services

# Helpful Hints for Coping with Grief

We ask those who have entered their second year after their loss to offer suggestions to those who are experiencing initial stages of grief. Below you will see some of their suggestions. If you would like to discuss these ideas or have ideas you would like us to add to the list please contact us at 612-728-2455 or [griefresources@fairview.org](mailto:griefresources@fairview.org).

- Find projects to do, dedicate a project to your loved one.
- Help others by volunteering. This will add purpose and meaning to your life.
- Keep active!
  
- Allow time to heal.
- Remember that everyone grieves in their own way. Grief is as unique as your thumbprint.
- Talk to friends of your loved one to gain insights and to hear stories you may not have heard before.
  
- Accept invitations even if you feel you do not want to go.
- Find a therapist, clergy or trust friend who will listen to you. Ask for some time to talk.
- It is all right to keep talking about the person who died.
  
- Record your feelings in a journal. The on-line journal course provided by Fairview Bereavement Services was very helpful.
- Make a quilt out of your loved one's clothing. Memory bears can be made as well.
- Rent a good movie. Read a good book. From time to time feel free to escape.
  
- Expect the fact that some people just don't know what to say so they remain silent.
- Exercise and eat well. It will help.
- Keep a small memento in your pocket or purse that will remind you of your loved one.
  
- Walk the labyrinth.
- Seek ways to honor and feel connected with your loved one.
- Find a good 'Thought for the Day' book.
  
- Attend a support group.
- Focus on the positive, focus on what you have.
- Contact hospice for additional support.
  
- Trust in God for help through this.
- Reread the sympathy cards from time to time.
- Don't be afraid to express your feelings.

*"Grieving is as natural as crying when you are hurt, sleeping when you are tired, eating when you are hungry, or sneezing when your nose itches. It is nature's way of healing a broken heart."*

From [Don't Take My Grief Away](#), by Doug Manning