

# HEARTLINKS GRIEF CENTER

## HELPING YOURSELF IN TIMES OF CHANGE

### Protect Yourself in a Vulnerable Time

**Your physical, emotional, relational, and spiritual parts need extra care.**

#### Physical

- Don't overextend - do activities till your body is tired, not till the task is finished or the event is over. Sweep half a room.
- Avoid many time commitments - leave your schedule flexible.
- Avoid new responsibilities - just say "NO!"
- Prioritize your rest periods - schedule them, insist on them, stick to them.
- Take extra care doing normal things - in driving, on stairs, using knives.

#### Emotional

- Be kind to yourself - tender, gentle, and forgiving.
- Don't expect to always "handle" things or to be "strong".
- Expect to feel confused, overwhelmed, and forgetful at times.
- Don't expect to have all the answers figured out all of the time.
- Set a time limit on "why" and "what if" sessions.
- Give in to sad days and be sad.
- Give in to sudden joys and fits of silliness.
- Anticipate a positive outcome - focus on it. Expect it. Believe in it.

#### Relational

- Avoid toxic people and situations - stay away from people and situations that drain your energy.
- Don't take on jobs that aren't yours - stop feeling other's feelings and concentrate on your own.
- Accept love and attention in any form.
- Ask for comforting - be direct and specific with what you want or need.
- Find others who have survived similar things - learn from them. Take hope from them.

#### Spiritual

- Express your feelings - both positive and negative.
- Reaffirm your beliefs regularly.
- Seek spiritual guidance - from others and in daily living. Be open to guidance from surprising sources.
- Ritual, prayer and worship services renew a tired spirit.

For more information, please call Heartlinks at 618-277-1800.