

# DOWNLOAD PDF WHAT CAN I DO? PRACTICAL SUGGESTIONS FOR HEALING

## Chapter 1 : Stop, Look and Listen, Go!

*We can't buy an answer, beg a solution, get to where we are going without a journey. 10 Practical Ideas To Cope With Symptoms Of Depression. Accept this- things won't all make sense to you in the midst of your battle, but keep fighting. No one can do the work for you. And it will take HARD work, but the result can change your life.*

Muscle tension Healing from trauma Trauma symptoms typically last from a few days to a few months, gradually fading as you process the unsettling event. Symptoms, Treatment, and Self-Help Whether or not a traumatic event involves death, you as a survivor must cope with the loss, at least temporarily, of your sense of safety. The natural reaction to this loss is grief. The following tips can help you cope with the sense of grief, heal from the trauma, and move on with your life. Trauma recovery tip 1: As well as burning off adrenaline and releasing endorphins, exercise and movement can actually help repair your nervous system. Try to exercise for 30 minutes or more on most days. Exercise that is rhythmic and engages both your arms and legs—such as walking, running, swimming, basketball, or even dancing—works best. Add a mindfulness element. Instead of focusing on your thoughts or distracting yourself while you exercise, really focus on your body and how it feels as you move. Notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of wind on your skin. Rock climbing, boxing, weight training, or martial arts can make this easier—after all, you need to focus on your body movements during these activities in order to avoid injury. Connecting to others face to face will help you heal, so make an effort to maintain your relationships and avoid spending too much time alone. In fact, for some people, that can just make things worse. Comfort comes from feeling engaged and accepted by others. Turn to a trusted family member, friend, counselor, or clergyman. Reconnect with old friends. Join a support group for trauma survivors. Being with others who are facing the same problems can help reduce your sense of isolation and hearing how others cope can help inspire you in your own recovery. As well as helping others, volunteering can be a great way to challenge the sense of helplessness that often accompanies trauma. Remind yourself of your strengths and reclaim your sense of power by helping others. If connecting to others is difficult Many people who have experienced trauma feel disconnected, withdrawn and find it difficult to connect with other people. If that describes you, there are some things you can do before you next sit down with a friend: Jump up and down, swing your arms and legs, or just flail around. As strange as it sounds, vocal toning is a great way to open up to social engagement. Change the pitch and volume until you experience a pleasant vibration in your face. Not only will it help relieve the anxiety associated with trauma, but it will also engender a greater sense of control. If you are feeling disoriented, confused, or upset, a quick way to calm yourself is through mindful breathing. Simply take 60 breaths, focusing your attention on each out breath. Does a specific sight, smell or taste quickly make you feel calm? Or maybe petting an animal or listening to music works to quickly soothe you? Everyone responds to sensory input a little differently, so experiment with different quick stress relief techniques to find what works best for you. To feel in the present and more grounded, sit on a chair. Feel your feet on the ground and your back against the chair. Look around you and pick six objects that have red or blue in them. Notice how your breathing gets deeper and calmer. Allow yourself to feel what you feel when you feel it. Acknowledge your feelings about the trauma as they arise and accept them. Get plenty of sleep. After a traumatic experience, worry or fear may disturb your sleep patterns. But a lack of quality sleep can exacerbate your trauma symptoms and make it harder to maintain your emotional balance. Go to sleep and get up at the same time each day and aim for 7 to 9 hours of sleep each night. Avoid alcohol and drugs. Their use can worsen your trauma symptoms and increase feelings of depression, anxiety, and isolation. Eat a well-balanced diet. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. Try relaxation techniques such as meditation, yoga, or deep breathing exercises. Schedule time for activities that bring you joy such as favorite hobbies. When to seek professional therapy for trauma Recovering from trauma takes time, and everyone heals at their own pace. Having trouble functioning at home

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or work Suffering from severe fear, anxiety, or depression Unable to form close, satisfying relationships Experiencing terrifying memories, nightmares, or flashbacks Avoiding more and more things that remind you of the trauma Emotionally numb and disconnected from others Using alcohol or drugs to feel better Working through trauma can be scary, painful, and potentially re-traumatizing, so this healing work is best done with the help of an experienced trauma specialist. Finding the right therapist may take some time. But the quality of the relationship with your therapist is equally important. Choose a trauma specialist you feel comfortable with. Did you feel comfortable discussing your problems with the therapist? Did you feel like the therapist understood what you were talking about? Were your concerns taken seriously or were they minimized or dismissed? Were you treated with compassion and respect? Do you believe that you could grow to trust the therapist? A trauma specialist may use a variety of different therapy approaches in your treatment. Somatic experiencing focuses on bodily sensations, rather than thoughts and memories about the traumatic event. Cognitive-behavioral therapy helps you process and evaluate your thoughts and feelings about a trauma. EMDR Eye Movement Desensitization and Reprocessing incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation that can "unfreeze" traumatic memories. Helping a loved one deal with trauma When a loved one has suffered trauma, your support can be a crucial factor in their recovery. Be patient and understanding. Healing from trauma takes time. That may mean help with collecting groceries or housework, for example, or simply being available to talk or listen. Some trauma survivors find it difficult to talk about what happened. Help your loved one to socialize and relax. Encourage them to participate in physical exercise, seek out friends, and pursue hobbies and other activities that bring them pleasure. Take a fitness class together or set a regular lunch date with friends. Your loved one may become angry, irritable, withdrawn, or emotionally distant. Remember that this is a result of the trauma and may not have anything to do with you or your relationship. Your child may also look to you for cues on how they should respond to trauma so let them see you dealing with symptoms in a positive way. How children react to emotional and psychological trauma Some common reactions to trauma and ways to help your child deal with them: Many children need to return to an earlier stage when they felt safer. Younger children may wet the bed or want a bottle; older children may fear being alone. Thinking the event is their fault. Children younger than 8 tend to think that if something goes wrong, it must be their fault. Be sure your child understands that he or she did not cause the event. Some children have difficulty falling to sleep; others wake frequently or have troubling dreams. Give your child a stuffed animal, soft blanket, or flashlight to take to bed. Try spending extra time together in the evening, doing quiet activities or reading. It may take a while before your child can sleep through the night again. Being active in a campaign to prevent an event from happening again, writing thank you letters to people who have helped, and caring for others can bring a sense of hope and control to everyone in the family.

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## Chapter 2 : 21 Ways to Build a Stronger Spiritual Life – Vibrant Life

*Yoga has deep physical and spiritual foundations that can aid in healing after a loss. Practicing yoga can allow you to harness a new body-mind connection, control emotions through positioning and deep breathing, and gain new perspectives on life and self. Reiki Reiki is a spiritual Japanese practice meant to treat both your body and mind.*

The Mediterranean Diet continues to have evidence based benefit. An emphasis on frequent, structured exercise and physical activity are also common themes. Eating microbiome gut supporting foods works. It is important to understand that nutrient needs change throughout life, even perhaps daily due to exercise loads or the onset of stress or illness. Add to that, what each person eats within a family may similarly change due to differing human and gut microbe DNA and disease status. Quitting things cold turkey can be hard; I do not recommend such. Use the lessons learned in this healing refrigerator for what you can change up in yours. And most important, you can not make the transition over night. Be kind to yourself learning what is anti-inflammatory, nutrient dense food and how to practically prepare such. Top 2, and bottom 3, shelves of this healing nutrient dense refrigerator: To locate such, see sourcing information at the bottom of this post. Use a local, organic cow pastured source. The only ingredients should be: Any and all types, usually two if not three concurrently in your fridge. Bone broth contains proteinaceous gelatin that is soothing and healing to the intestinal mucosa. Today, in this fridge, there is bone broth, squash-carrot, and a tortilla soup: Even pure bone broth is versatile as it can be a drunk directly from a mug if desired, or frozen vegetables and spices can be tossed in on the fly. Repeat the entire process a second time as you can reuse bones. Instead of whole vegetables added to the filtered water and bones, I add in peelings and herb stems that have accumulated in my freezer over the course of the week and then additional whole vegetables if needed usually not necessary. For guidance on the amount of vegetables to add: Details for the math is at the bottom of this post. Additional calcium then is realized when making the soup from the bone broth due to the added vegetables: I do NOT use a plastic fat separator as the heat of the bone broth could leach undesirable container chemicals into the broth. Comment 3 above explains how to increase calcium in bone broth. Much more information on bone broth and calcium is included at the end of this post. Calcium levels and bone health are multifactorial and calcium intake is just the tip of the iceberg. Avoid foods that result in decreased absorption and increased excretion of calcium like milk. Get some sun not sun burns or if that is not possible, take some vitamin D3. Lift heavy weights and sprint as the heavy loads stimulate bone mineralization and decrease bone breakdown. Avoid chronic stress and the increase in glucocorticoids that results. Increase your highly absorbable sources like green leafy vegetables, and decrease poorly absorbable sources like milk, and avoid its downside with its large amounts of lactose sugar. Avoid large amounts of carbohydrates that cause significant insulin release and calcium loss in the urine. There are many more viable probiotics in fermented foods than any probiotic you can buy. How can ferments affect health: Rosa et al review for kefir is eye opening listing benefits:

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## Chapter 3 : Stroke Recovery | theinnatdunvilla.com

*But you can do many helpful, loving things. Compassionate and eminently practical, Healing A Friend's Grieving Heart offers practical ideas for friends, family members and caregivers who want to help.*

Are you able to contribute with your time? Pray Ask God to open your eyes and your heart to the needs. Ask God how you can join in and help. What are your motives? Are you choosing to dictate what you are going to do based on what YOU think you should do, or have you seriously inquired and studied how you can help? Let the military servicemember or family member take the lead. If your offer to help is refused, be okay with that. Maybe ask again at a later time, or ask for other suggestions in how you can help. Are you looking for media attention or publicity for your company or organization for your generosity or giving? Then consider focusing your support on a military-supporting organization and not an individual or family. I have heard from frustrated members or the military community regarding extravagant giveaways, etc. Consider how your giving can have the greatest impact on the military community. Sometimes we receive giving out of convenience, and that helps! But will you also consider sacrificial giving? It might mean getting a little more involved. It might mean getting to know our names and faces. It might mean being inconvenienced. If you know of someone in the military community, consider how you can be a better supporting friend, family member, co-worker. Walk through your day and consider how different it would be if your loved one was gone from home for a long period of time and in a dangerous place. Consider the challenges of a caregiver of a wounded warrior Consider how painful it would be to lose a loved one in combat Listen with eyes open to opportunities that you can help with childcare, meals, mowing grass, shoveling snow, special pampering. Ask those you know who are connected with the military co-worker, friend, neighbor, church member, etc. The needs of the military community extend beyond the military family. They have needs and concerns as well. Be aware that the needs of the military community extend beyond a safe return from a deployment. Military spouses who have no children have unique needs as well. What people have done that helps What people have said that helps What we wish people understood. How you can pray for us. This is a comprehensive packet of materials for parents, caregivers, and professionals who work to meet the needs of young children challenged by the stressors of military life, such as deployment and relocation. Identify yourself in one of the communities below and read about ideas and resources that can start conversations and stimulate action. Then, take some time to explore the other toolkit links. The best thing you can do for a military kid is know who they are and be there when they need to talk to someone. The best thing you can do for a military teen is know who they are and be there when they need someone to talk to. Each issue provides evidence-based guidance on how a particular group can help, with short, practical suggestions and links that point to additional resources. Each issue has been carefully reviewed both by subject matter experts and military family support organizations. This online resource is designed to help institutions of higher education build effective programs for veteran students and share information. It highlights a variety of best practices and includes video clips, profiles of student veterans programs across the U. Local needs, programs and opportunities Who do you know that is in the military or has someone connected with the military? Ask them for guidance in how you can serve and ask if they are aware of any needs. What needs exist in your community that you can be a part of helping? What local organizations exist that you can support? If you attend a church or other religious organization, find out what are they doing Do you live near a military installation, National Guard or Reserve unit? Ask a chaplain or family support personnel how you can help. We have compiled a list of websites to help you connect with military and veteran families in your community. National needs and programs What organizations exist nationally that you can support? Does the military need a new support organization? Many great organizations already exist

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### Chapter 4 : 5 Healing Process | After Death Planning Guide | theinnatdunvilla.com

*But this comes down to a difficult and obviously stressful decision on your part - take your time, and try, as best you can, to decide what will be best for you in the long run. Before you view the body, it is a good idea to have a friend or relative view the body (or photographs of the body) first to determine if the sight might be too traumatic for you.*

She was looking for help- My question for you, and what I find myself struggling with, is how exactly do I let God deal with it? Am I doing something wrong? How did you really give Him your depression so it could be healed? I am humbled that you felt safe to ask me for some guidance here. I hope the words that come will offer at least a little comfort. And 10 practical ideas to help cope with symptoms of depression. When this question came to me, I thought long and hard about how to answer. How to not offer empty promises and jargon that just brings us back to the place we started from. My heart goes out to you if depression is dragging you down Feeling depressed is so much different than true clinical depression. Unless they have direct experience, however, many are unable to understand the difference. Are you putting on a smile so the world might be fooled? Confused by conflicting theories about getting well? Embarrassed by those who would say this is a pathetic plea for attention? You might just feel desperate, looking for the way to a healthy state of mind. You want answers, hope. Perhaps the least helpful words of all. What does that mean? For a person with true depression, that is all they are trying to do. And it is not working. Empty words rob people of hope. These words are meant to be encouraging but often fall short. Empathy without answers is okay. To walk alongside someone means we look for real, applicable ways to help You are valuable, right nowâ€”no matter what. Depression blinds people to the countless other areas of value, their eyes are fogged in and they need to be reminded of their worth. I am a Christian. As in any community, people come from all walks of life. Something troubles me, though. We forget that we are different and attempt to answer all questions in a set format. Christians are people, and sometimes we blow it. There is a school of thought that teaches we should just think positive thoughts, and focus on Jesus. If our faith is strong enough, we might hear, then we will be healed. To this, I loudly say, bull Those principles are indeed important and part of a healing process, but something is missing in my eyes. Have we forgotten that Jesus was an example of great compassion? So we miss it. The most beautiful things can come out of the most difficult situations. We often forget that important piece. How exactly do let God deal with it? Let me share something with you here, ridiculously vulnerable, but I know you are not alone in your question. When I began the struggle with depression, I wanted a way out. A step by step answer to life a nice happy life. No one can do the work for you. And it will take HARD work, but the result can change your life. It will be worth it. Sometimes we give God our problems and take them back. So we give, we take back. Learn to recognize your patterns and set yourself up for success. Be very careful not to fall into a pit of self-pity. Refuse to live as a victim and fill your life with joy at every possible turn. Get help from a reputable Christian counselor. There are tons of great counselors that are not faith-based. The difference is key here. One might encourage fighting the battle by your own works. One will remind you that though you must fight, God is the one who heals. He fights with, before and behind you. Learn where the encouragement is; focus on those verses on the dark days. One thing I appreciate most about the Bible? It is filled with stories of people who struggled. Who questioned any and everything. There is nothing we deal with that is new or surprising to God. Those words are given to teach us, comfort us, call us close to Him. Remember that when we surround ourselves with like-minded people, we are influenced by their views. Be it positive or negative. If you need medicine to get you through while you are learning and living, there is NO shame in that. Riles me up to hear that false information. True, some use it as a crutch, not willing to do the work. For others, it is a life-saving tool. Only you know what is right for your health. Be willing to be accountable. If you ask for help, and someone is genuinely helping you seek answers, be thankful. Extend the same grace you hope to receive. Yes, I did give God my struggle. As a mom, a wife, a friend, a person plagued with chronic illness? But it was not an overnight healing. It involved much self-discovery, letting go of

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perfectionism, and hard work to become who I am today. And I am still growing. You can do this; just remember to fall into the arms of your partner. Burned out on religion? Walk with me and work with meâ€”watch how I do it. Learn the unforced rhythms of grace. We all know someone who is struggling. I ask you for a favor, readers, if you know someone who can use thisâ€”forward it to them. If suicide is even on the mental radar, I beg you to stop. I promise things pass, read this for help Related Posts:

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### Chapter 5 : Overcoming Drug Addiction: How to Stop Abusing Drugs, Find Treatment, and Start Recovery

*Grief After Suicide This article provides practical suggestions to help you toward healing under the headings: Why Suicide? Initial Shock - this isn't happening!*

Family Caregiving September 23, Losing someone special, regardless of the relationship, can be difficult. Here are several practical suggestions that may assist in your journey of healing and growth: Take care of yourself physically. Even in the best of relationships, there are usually memories that need healing. As you think about your relationship with your loved one and bring to mind areas of hurt or regret, give yourself permission to forgive. This may involve forgiving the person for the times he or she failed you, and it may involve forgiving yourself. If the hurts you carry are deep and difficult to forgive, consider seeking professional help. Times of solitude, inspirational reading, prayer, meditation, and community worship can provide comfort and enlightenment as you cope with your loss. Losing a special person can deepen and strengthen your spiritual life. Nourish yourself spiritually in whatever way works best for you—prayer, song, worship, meditation, or study of scripture. Ask questions, and then allow yourself to be open to the inner guidance you receive. Listen to the whispers of your heart and soul. After speaking, take a few moments to allow yourself the time to feel a sense of peace. Similar to the exercise above, write several letters to the person you lost. In the first letter or two, openly express whatever feelings you might be experiencing. If you feel angry, lonely, depressed, fearful, happy, or relieved, say so. There are several ways in which you may want to treasure fond memories of your special person. You may choose to collect mementos and put them in a scrapbook, or put together a video collage of photos collected over the years, or host a potluck dinner for family and friends and record stories they share about the person. Do whatever helps you create lasting memories that you can go back to in the days ahead. According to grief specialist Dr. When you have the energy to go through them, you will. Think of something you would like to do that would be significant or meaningful to your special person. Work through your grief. The only way out of your grief is through it. Try to accept your feelings, whatever they may be. As painful as it can be, allow yourself to experience your emotions and get through them. Share your pain and hope with others. Give your grief words, and find at least one person you trust and respect with whom you can comfortably share your emotions. Pour out your heart and soul as often as you need. Consider seeking counseling from a professional, as many people find this very helpful. Try to be aware of anything associated to your special person that remains unfinished. Do whatever you feel is important to reach a sense of closure. Be kind to yourself. You need to give yourself special care, including taking the time to rest, eating healthfully, exercising, and socializing with family and friends. Be gentle and understanding with yourself—treat yourself as you would a dear friend if she were suffering. Sobbing promotes relaxation and the release of tension and sorrow. Crying is a gift; allow yourself to receive it. Tune into what you are feeling. Depression, anger, fear, guilt, regret, loneliness, relief, peace—whatever your feelings, let yourself experience them. Gently pay attention to your body and to your feelings as they arise. Reach out to others. Find a few people you respect and trust, and pour out your heart. Let your friends and family know what you need from them—a listening ear, a hug, or just time together. Try to hold off on major decisions or unnecessary changes. Give yourself some time before deciding to move or making a career change. Allow yourself first to grieve and heal. Accept the difficult memories. Your special person has died, but the life you shared and the many memories are still very much alive. All relationships include good times and difficult times. Give your special person and yourself the gift of forgiveness. Learn from the painful times, then let them go. Cherish your fond memories. Allow yourself to enjoy all of the wonderful memories you and your special person have shared. Treasure these memories and let them be lifelong companions that comfort you and cheer you. Surround yourself with things that are alive. The authors of "How to Survive the Loss of a Love" recommend that you add new life to your environment: Let yourself dream, then follow your heart and take some risks. Redecorate, launch into a hobby that interests you, or explore new people, places and ideas.

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For more information see: *On Grief and Grieving*: Doka and Joyce D.

## Chapter 6 : Emotional and Psychological Trauma: Healing from Trauma and Moving On

*Plantar fasciitis pain can often be managed at home with simple remedies. WebMD offers 15 tips to prevent and relieve pain caused by plantar fasciitis. Skip to main content.*

Will there to be an autopsy? What do I tell people about what happened? What do I tell my children? What do I need to know about planning the funeral? Introduction Adapted from After Suicide Loss: Because suicide is considered an unnatural death, the authorities are required to investigate. Suicide is not against the law, but given that there are cases where a homicide has been made to look like a suicide, the authorities will want to make certain that the suicide has not been staged to cover up foul play. If the police take personal possessions, be sure to ask for an inventory so you can keep track of what should be returned to you. You have the right to get all of these possessions back once the investigation is complete. As part of the investigation, the police will want to question you. You should cooperate with them, but you have every right to ask them to conduct their investigation quickly and sensitively. Remember that neither you nor your loved one has committed a crime. If you are the immediate next of kin but not the person who discovered and identified the body at the scene of the suicide, you will be asked to identify the body either in person or through photographs. You may choose not to identify the body yourself and ask someone else to do so. Even if the body has already been identified, you have the right to view it, and also to request that the coroner or medical examiner give you time alone with your loved one. Research conducted with people who chose to view the body indicates that most survivors later on feel they made the right decision in doing so. While they may forever carry that last image in their mind, they also feel that the experience helped them come to terms with the reality of the death. But this comes down to a difficult and obviously stressful decision on your part – take your time, and try, as best you can, to decide what will be best for you in the long run. Before you view the body, it is a good idea to have a friend or relative view the body or photographs of the body first to determine if the sight might be too traumatic for you. The medical examiner or coroner may discourage you from viewing the body if the suicide method has caused significant damage on the grounds that the sight will unduly upset you. This is a legitimate concern, but the decision about whether to view the body and how much of the body to view is yours to make. In the event of a suicide, the medical examiner or coroner may be required to perform an autopsy on the body, which is a surgical procedure used to determine the cause of death. The next of kin have a right to request a copy of the autopsy report. You may be hesitant to share with others that your loved one took their own life. While we cannot determine what is right for you, please note that in the long run, most survivors are glad that they decided to be honest about the facts of the death. One of the most important reasons to be honest about the way your loved one died is that it will give your friends and family the opportunity to support you in an appropriate way. If you are the parent or guardian of minor children, it is up to you to determine whether to tell your children the truth about what happened. When explaining the suicide to a child or adolescent, provide truthful information, encourage questions, and offer loving reassurance. Reassure children that they are not responsible, and that nothing they said or did caused anyone else to take their life. Click here to view an online copy of the booklet, or click here to purchase a paper copy. Note for school administrators and teachers: A Toolkit for Schools. You can also choose to give exclusive rights to the story to just one reporter. If the funeral is to include a member of the clergy, talk to them in advance to explore their understanding of suicide and consider educating or avoiding those who hold views about suicide being sinful. Do what feels comfortable to you. However, by including the cause of death you will avoid repeated questions and rumors about how your loved one died later on, and you will again give people the opportunity to support you in a way that is appropriate.

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## Chapter 7 : 45 Simple Self-Care Practices for a Healthy Mind, Body & Soul

*These five facts can clear up any confusion or misconceptions you may have about energy healing – a holistic practice that activates the body's subtle energy systems to remove blocks. As an energy healer, I'm often met with curiosity, fascination, and a bit of skepticism when I tell people what I do for a living.*

When someone close to you dies, your world can feel suddenly different and unknown: Some turn to group therapy, while others prefer one-on-one sessions with a counselor. Allow yourself to feel each as it arises and understand that it will take some time to adjust to your new circumstances. We have prepared this section to guide you on your own journey, in the hopes that it will help you determine what works and feels best for you. Many of us have heard of the five stages of grief: Denial, Anger, Bargaining, Depression, and Acceptance. Though influential, today the five stages model is thought to be fairly limiting—most experts agree that the reality of the grief experience is much more fluid and varies greatly from person to person. At first, you may feel as if in a fog of denial, with a sense of unreality permeating everyday tasks. You may find simple rote tasks nearly impossible to do. On another day you may feel depressed and the next angry toward friends, family, or the world. For some, the experience will be intense, with a quick succession of high and low emotions. The experience of an emotional state can last for just a few hours, or it can last for weeks or years. There is no right or wrong way to feel. Your unique experience of grief may be based on factors like your relationship to the person who has died, the circumstances of his or her death, and your own personality. For example, it is not uncommon to experience a long denial phase after the sudden and unexpected death of a loved one. She writes about a state of shock and denial, in which one goes through the motions of dealing with the death but still harbors a belief that life will go back to the way it was before he died. Acceptance is not necessarily a permanent state, nor does it mark a return to happiness or your pre-loss state of mind. The death of your loved one has changed the circumstances of your world, and acceptance marks your understanding of this, as well as your willingness to move forward in life without them. Think of the loss as a tear in the fabric of your life: Throughout your grieving process, you will likely experience a range of mental, physical, and emotional symptoms, from dizziness to loss of appetite to inability to concentrate. Understand that, while sometimes frightening, such symptoms are completely normal. However, we encourage you to consult a physician if you are consistently having difficulty completing everyday tasks. For more information, read our article on the Stages of Grief. Back to Top

### 2. Ways to Heal

There is a range of options for dealing with your grief in a healthy and conscious way. You may find that some will work for you, and some will not. Some of the activities mentioned below may be difficult or impossible, depending on your mental and emotional state, but the range of options available means you can choose and try as you see fit. Keep in mind that none of these suggestions is a surefire solution, as not everything works for everyone. Let go of your expectations, take your time, and find out what works for you. It is quite normal to experience a variety of high and low emotions over a long period of time.

### Take Care of Yourself

The stress of grieving can take its toll on your mind and body, so continuing to meet your emotional and physical needs is of the utmost importance. Make sure you continue to eat right, exercise, and get enough sleep. You may want to try holistic options to treat your grief symptoms.

### Talk to People

While some people prefer to grieve in private, some find talking to people immensely helpful. No one should be expected to grieve alone. Accept assistance when it is offered to you, and let people know if you want to talk. Be specific when expressing your needs to others. Join Grief Support Research support groups that meet in your area such as in hospitals, religious groups, counseling centers, and hospice facilities. By talking to others who are grieving, you can find a healthy outlet for your thoughts and feelings amongst people who may be having similar experiences. You can also seek out therapy with a grief counselor, who is trained to assist you in working through your intense emotions. Visit the Local Resources page, where you can find qualified Grief Counseling and Therapy professionals, or locate drop-in grief support meetings in your area on our End-of-Life Calendar of Events. Holding onto personal objects can help you keep cherished

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memories alive, and you may gain comfort from the sensory experience of the object. Enjoy the familiar smells, touch, and sounds associated with your memories. It could be wearing their favorite sweater, calling their old phone number once in a while, or carrying a special watch in your pocket. **Draw Comfort From Spirituality and Religion** If you are religious, you may find comfort in the mourning traditions of your religion. Ritual has a profound effect on the human spirit and can greatly aid the healing process. If you are spiritual, praying or meditating can be soothing exercises and can help you find peace under new circumstances. Take the opportunity to talk to clergy and other spiritual leaders in your community. Understand that it is not uncommon to question your spirituality after the shock of a loss. Approach your beliefs at your own pace, until you find a comfortable relationship with them. **Express Yourself Creatively** If you enjoy or thrive on creative expression, you may want to make it part of your grieving process. Focusing on creative projects under the duress of grief may be difficult, but this feeling generally passes as your grief evolves. Take the time to write in a journal, keep a blog, create a memory book, or sew a quilt out of old clothing. Find an outlet in drawing and painting, poetry, or music. Finding a productive way to work through your grief and create something beautiful from the experience can be immensely therapeutic, and your work may even inspire others who are also grieving. Go see a movie, visit your library, take hikes, work in the garden, or participate in a book club. Keep up with your favorite projects or perhaps find something new that interests you. **Engage in Physical Activity** Get outside in the fresh air, appreciate your surroundings, and simply meditate on new life perspectives. Join a gym or yoga class, or try new walking routes and locations. Your area may include a walking labyrinth, which can be a peaceful place to get some calming, meditative exercise. **Seek Out Healing Art and Literature** Watch films, seek out exhibits, or read books and stories that deal with loss. Find narratives that you relate to and gain comfort in. Take a look at our Multimedia section for film and book suggestions, or visit the Opening Our Hearts column of our blog for a collection of personal stories from others who have experienced loss. **Talk to a Doctor** You may feel that speaking to a trained professional will help you to cope with the emotional and physical stress of grief. If so, or if you are having great difficulty in performing everyday tasks, consult with your physician about your options. Many find that properly-prescribed drugs can lighten the burden of grief and aid in the healing process. **Join a Healing Retreat** A day spa or retreat can be a vital physical and mental experience to help you mend, rejuvenate, and begin your new life. A day of relaxation and massage at a local spa, or a weekend or weeklong retreat, either group or solo, with healing activities and possibly spiritual guidance can lift your spirits. **Back to Top 3. Grieving as a Family** A loss in your immediate family can be devastating for individual members as well as for the family as a whole. Each person may go through their own grieving process at their own pace. Family roles, both practical and emotional, may shift and be reassigned after a loss. As you work towards your own personal healing, it is important to remember what other family members are going through and to remain sensitive to their feelings. Here are a few practical suggestions to help you work toward healing together: **Communicate** Invite dialogue about the person you lost. It can be as simple as mentioning his or her name, recalling a fond memory, or saying when you miss him or her the most. **Go on Family Outings** Connect with your family by going on trips together to places that hold special significance, either to your lost loved one or to the family as a whole. Visit a childhood home, picnic in a favorite park, or go to a place you all associate with happy memories. Something as simple as having a family meal together can be comforting. **Keep Old Traditions and Make New Ones** You may find comfort in family traditions, such as favorite holiday meals or ritual gift exchanges. Keep practicing the ones you love, but also try starting new traditions. This can allow your family to discover a healthy balance between honoring the past and moving toward the future while recognizing the changes in your lives following the loss of a family member. Spend time going through old photo albums and reminisce together about the happy times you had with your loved one. Reminiscing can make you feel better through difficult times, and your family can collectively keep memories alive in your hearts. **Create a Memorial or Memory Object** A family may find a shared sense of closure through a personal memorial. Planting a tree or a garden, making a memory book, sharing photographs, creating an art piece, or recording

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favorite stories about your loved one can aid in healing while bringing your grieving family closer together. Read about how one family made a poignant home memorial to a lost wife and mother. [Back to Top 4. Talking to Children About Death](#) Grieving can feel overwhelming and be difficult to work through for you, but remember to take some time to help the children affected by a death as well. Children are affected just as adults are by the loss of someone close, however they are not equipped with the same experiences and vocabulary to deal with it. You can help guide a child through their grief by talking with them as honestly as possible about death, so that they understand that the person has passed on and will not return. Without honest discussion, a child may not grasp the permanence of death, or they may feel a sense of responsibility for the loss of a loved one. These practical suggestions can guide you in helping children grieve in a healthy way. Make sure the child knows he or she is in no way responsible for the death. Children can often think in terms of blame, since they are used to evoking strong reactions when they misbehave. Explain to the child that the person who died did not go away because of something he or she did, and that there was nothing that could have been done differently. **Talk Openly** Have conversations with the child about the loss and listen to what he or she says. Talk openly about feelings and tell the child that having different or confusing emotions is normal. Encourage the child to ask questions and answer any questions as well, or work together to find the answers.

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## Chapter 8 : 10 Practical Ideas To Cope With Symptoms Of Depression

*By reminding yourself that anxiety is simply an emotional reaction, you can start to accept it, Corboy said. Acceptance is critical because trying to wrangle or eliminate anxiety often worsens it.*

Abusing illegal or certain prescription drugs can create changes in the brain, causing powerful cravings and a compulsion to use that make sobriety seem like an impossible goal. But recovery is never out of reach, no matter how hopeless your situation seems. With the right treatment and support, change is possible. The road to recovery often involves bumps, pitfalls, and setbacks. Decide to make a change For many people struggling with addiction, the toughest step toward recovery is the very first one: Committing to sobriety involves changing many things, including: Recovery requires time, motivation, and support, but by making a commitment to change, you can overcome your addiction and regain control of your life. Overcoming addiction step 1: Think about change Keep track of your drug use, including when and how much you use. This will give you a better sense of the role the addiction is playing in your life. List the pros and cons of quitting, as well as the costs and benefits of continuing your drug use. Consider the things that are important to you, such as your partner, your kids, your pets, your career, or your health. How does your drug use affect those things? Ask someone you trust about their feelings on your drug use. What could help you make the change? Think about your past attempts at recovery, if any. Set specific, measurable goals, such as a start date or limits on your drug use. Remove reminders of your addiction from your home, workplace, and other places you frequent. While addiction treatment can vary according to the specific drug, a successful program often includes different elements, such as: Usually the first step is to purge your body of drugs and manage withdrawal symptoms. Medication may be used to manage withdrawal symptoms, prevent relapse, or treat any co-occurring mental health condition such as depression or anxiety. Long-term follow-up can help to prevent relapse and maintain sobriety. This may include attending regular in-person support groups or online meetings to help keep your recovery on track. Types of drug treatment programs Residential treatment “ Residential treatment involves living at a facility and getting away from work, school, family, friends, and addiction triggers while undergoing intensive treatment. Residential treatment can last from a few days to several months. These treatment programs usually meet at a treatment center for 7 to 8 hours during the day, then you return home at night. Outpatient treatment “ Not a live-in treatment program, these outpatient programs can be scheduled around work or school. The major focus is relapse prevention. Sober living communities “ Living in a sober house normally follows an intensive treatment program such as residential treatment. You live with other recovering addicts in a safe, supportive, and drug-free environment. The keys to finding the best addiction treatment for you No treatment works for everyone. Whether you have a problem with illegal or prescription drugs, addiction treatment should be customized to your unique situation. Treatment should address more than just your drug abuse. Addiction affects your whole life, including your relationships, career, health, and psychological well-being. Treatment success depends on developing a new way of living and addressing the reasons why you turned to drugs in the first place. Commitment and follow-through are key. Drug addiction treatment is not a quick and easy process. And in all cases, long-term follow-up care is crucial to recovery. There are many places to turn for help. Not everybody requires medically supervised detox or an extended stint in rehab. The care you need depends on a variety of factors, including your age, drug-use history, medical or psychiatric conditions. In addition to doctors and psychologists, many clergy members, social workers, and counselors offer addiction treatment services. Substance abuse and mental health. Your best chance of recovery is by getting combined mental health and addiction treatment from the same treatment provider or team. Whatever treatment approach you choose, having positive influences and a solid support system is essential. The more people you can turn to for encouragement, guidance, and a listening ear, the better your chances for recovery. Lean on close friends and family. Having the support of friends and family members is an invaluable asset in recovery. Build a sober social network. If your previous social life revolved

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around drugs, you may need to make some new connections. Try taking a class, joining a church or a civic group, volunteering, or attending events in your community. Consider moving into a sober living home. Make meetings a priority. Join a recovery support group such as a step program and attend meetings regularly. You can also benefit from the shared experiences of the group members and learn what others have done to stay sober. Did you start using to numb painful emotions, calm yourself after an argument, unwind after a bad day, or forget about your problems? Once you have resolved your underlying issues, you will, at times, continue to experience stress, loneliness, frustration, anger, shame, anxiety, and hopelessness. These emotions are all a normal part of life. Finding ways to address these feelings as they arise is an essential component to your treatment and recovery. There are healthier ways to keep your stress level in check. You can learn to manage your problems without falling back on your addiction. Quickly relieving stress without drugs Different quick stress relief strategies work better for some people than others. The key is to find the one that works best for you. A brisk walk around the block can be enough to relieve stress. Yoga and meditation are also excellent ways to bust stress and find balance. Step outside and savor the warm sun and fresh air. Enjoy a beautiful view or landscape. Play with your dog or cat. Experiment with your sense of smell. Breathe in the scent of fresh flowers or coffee beans, or savor a scent that reminds you of a favorite vacation, such as sunscreen or a seashell. Close your eyes and picture a peaceful place. Make yourself a steaming cup of tea, give yourself a neck or shoulder massage. Soak in a hot bath or shower. Your brain still needs time to recover and rebuild connections that changed while you were addicted. During this rebuild, drug cravings can be intense. You can support your continued recovery by avoiding people, places, and situations that trigger your urge to use: Step away from your friends who use. Surround yourself with people who support your sobriety, not those who tempt you to slip back into old, destructive habits. Avoid bars and clubs. Drugs are often readily available and the temptation to use can be overpowering. Also avoid any other environments and situations that you associate with drug use. Be upfront about your history of drug use when seeking medical treatment. If you need a medical or dental procedure done, be upfront and find a provider who will work with you in either prescribing alternatives or the absolute minimum medication necessary. You should never feel ashamed or humiliated about previous drug use or be denied medication for pain; if that happens, find another provider. Use caution with prescription drugs. If you were addicted to a prescription drug, such as an opioid painkiller, you may need to talk to your doctor about finding alternate ways to manage pain. Drugs with a high abuse potential include painkillers, sleeping pills, and anti-anxiety medication. Coping with drug cravings Sometimes craving cannot be avoided, and it is necessary to find a way to cope: Get involved in a distracting activity. Read, see friends, go to a movie, immerse yourself in a hobby, hike, or exercise. Talk to friends or family members about craving when it occurs. Talking can be very helpful in pinpointing the source of the craving. Also, talking about craving often helps to discharge and relieve the feeling and will help restore honesty in your relationship. Craving is nothing to feel bad about. Challenge and change your thoughts. When experiencing a craving, many people have a tendency to remember only the positive effects of the drug and forget the negative consequences. Sometimes it is helpful to have these consequences listed on a small card that you keep with you. Many people try to cope with their urges by toughing it out. But some cravings are too strong to ignore.

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## Chapter 9 : Practical Information for Immediately After a Loss – AFSP

*Learn more about them, treatments and tips for managing post-stroke conditions. Lifestyle Following a stroke, lifestyle changes can be anything from a healthy diet, managing your weight, learning to be physically active to budgeting income and expenses.*

Parachin Because we live in a culture that increasingly leans toward commercialism, materialism, and secularism, it is not always easy to keep the soul nourished. The challenge of these days, when times are not hospitable to spiritual growth, is how to nurture, feed, heal, restore, and renew the soul. Here are 21 practical suggestions for building a stronger spiritual life. Be a river, not a swamp. However, the swamp is stagnant and life-devouring. A swamp collects and retains water that comes its way. As Christians we are to let blessings flow through us and on to others. When we hoard and dam the blessings in our lives we are in danger of becoming spiritually stagnant, emotionally detached, and intellectually cynical. Resolve to break up the dam and let blessings flow like a river. The freshness is in the flow. Too often we go through life oblivious to the good that comes flowing into our lives. Try this spiritual exercise for one week: At the end of the first day, identify a blessing that came to you from a family member. At the end of the second day, a blessing from a neighbor. Third day, from a friend. Fourth day, from a work colleague. Fifth day, from a stranger. Sixth day, from a child. Be like Moses-speak words of blessing. One of the most beautiful and compassionate passages in the Bible contains these words of blessing pronounced by Moses: May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace Numbers 6: Get creative with language, and speak words that will uplift, encourage, hearten, and bless other people. As you build them up, your own spirit will get stronger. Nurture a shared prayer life. Increase the amount of time you spend in prayer by sharing in prayer with others. Some ways to do this include: Letting friends know you are always available for prayer. Attending regularly held prayer groups. Participating in a prayer chain. Take a step of faith. Spiritual growth means taking a leap of faith from time to time. This means taking a step of faith and trusting God to provide what may be needed for success. Today, make time to heal a wounded heart, to extend kindness to someone who really needs a friend, or to help gather up pieces of a broken dream. Be a grateful person. Start every day with a morning prayer of gratitude to God for the gift of a new day. Do this even if the day ahead appears ominous. Conclude every day with an evening prayer of gratitude to God for the gift of the preceding hours. Hook up with one other person who is seeking to grow spiritually. Agree to meet once a week for a period of time to study and reflect on spiritual matters. A friend of mine, who is a busy executive in Toronto, Ontario, met for six months with another man to do Bible study. Look for ways to serve the community, especially tasks that promise no reward, such as picking up litter on the streets. Read and reflect on the action of Jesus in John Cultivate a little solitude. Spend some time away from the crowd and the noise of life. Set aside a few minutes to be alone-just you and God. In quietness we turn our minds away from the problems of life and fix our thoughts on the mind of God. Prayer linked with fasting was often done by people in the Bible. Turn worries over to God. This is a clear teaching of Scripture: Do this each time a worry crops up. Spread love wherever you go. That is the advice of Mother Teresa of Calcutta, who advised: First of all in your own house. Let no one ever come to you without leaving better and happier. Keep your priorities straight. Know what is ultimately important and what is not. Consider the words of former President George Bush: I would like to be remembered for integrity, service, and family. The Bible tells us: Be the best that you can be at whatever station in life God has placed you. Use it or lose it. God has generously endowed each of us with unique gifts and talents. Make use of them or you will run the risk of losing them. The Bible is loaded with verses of comfort, encouragement, and wisdom. Make it a habit to read and study your Bible in a regular, disciplined way. Highlight verses that speak to you. Meditate on those words. Memorize some of the passages so you can recall them from memory at a future time. Follow through on all of your commitments, large and small. By your actions, show others you are a person who can be

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trusted and counted upon. Ask God to make you a blessing today. A great way to grow in wonder and amazement is by asking God to turn your life into a blessing. Do this each morning before resuming your daily activities. Offer a short, simple prayer like this one: Spend time in nature. This was something done by the psalm writers, and they gleaned spiritual lessons from their time in nature. Exercise your power of choice. No matter what happens to you, you always have the freedom to choose. You can select joy over despair. You can select love over hate. You can select forgiveness over revenge. You can select growth over stagnation. Remember that a crisis can evoke the best in us or the worst in us. The choice is ours! Used by permission of Tyndale House Publishers, Inc.