



**Canadian Mental  
Health Association**  
Windsor-Essex County

**GOOD GRIEVING**

1. Feel what you feel. Do not block the process.
2. Do not bury your feelings with food, alcohol, television, the computer, or work.
3. You do not have to be “strong” for others. It may help them to see your pain.
4. Talk, write, journal, draw or paint your feelings.
5. Be one with your sadness when it comes. Accept it but do not invite it.
6. Use emotional moments to mentally communicate unspoken words to your loved one. Affirm beliefs that heal. This may intensify feelings and help to release them.
7. Stay with the ache of a painful memory but intentionally follow it with a good one.
8. Dispose of your loved one’s belongings gradually. Periodically review items you can release.
9. Get rest when you can.
10. Attempt to maintain friendships but be open to new ones.
11. Try to have signs of life around you like people, pets, or plants.
12. Avoid “running” or making major decisions for six months to a year.
13. Faith issues need to be faced and resolved, not avoided.
14. Be patient with yourself and others.
15. Plan something special to acknowledge significant days.
16. Do not force yourself to feel pain that is not there. It is alright to have moments of relief from the pain.
17. Trust yourself.

18. Trust that this process is temporary.