



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



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Empowering Transitions to Wellness

TAKING CARE OF YOURSELF WHEN YOU ARE BEREAVED

- 1. Give yourself permission to mourn.**
 - Find ways to express your emotions (mourn).
 - Do not rush the process.
 - Be patient with yourself.
 - Trust you are “where” you are “supposed to be”.

- 2. Get plenty of rest.**
 - Your body needs rest while it is recovering from the emotional distress.
 - Rest whenever possible to overcome the effects of insomnia.

- 3. Eat a balanced diet.**
 - Avoid high fat or sugar foods that cause sluggishness.
 - Limit caffeinated drinks that interfere with sleep.
 - Drink at least eight glasses of water daily.

- 4. Exercise lightly.**
 - Daily walks are beneficial physically and emotionally.
 - It will help fight depression.
 - Try stretching.
 - Will aid with relaxation and sleep.

- 5. Avoid/limit alcohol.**
 - Increases feelings of depression.

- 6. Surround yourself with people who are supportive.**
 - Accept and/or ask for help.

- 7. If possible, try not to make any major changes or important decisions during the first year. If you must, discuss them with someone whom you trust.**