

You will gain the most from this segment when you read pages 14-20 in your **Comfort for the Day** book.

“No one tells you that bereavement causes physical pain too. It felt like every cell in my body was screaming the agony of separation from their opposite number in the love of my life who died.”  
Carol Bathchelor

## Option 1

What have been some physical side effects of your grief? Check the ones that apply:

- ⇒ Insomnia
- ⇒ Headaches
- ⇒ Reduced vision
- ⇒ Tightness in your throat
- ⇒ Loss of taste
- ⇒ Loss of appetite
- ⇒ Tears
- ⇒ Reduced mental focus
- ⇒ Chest pain
- ⇒ Digestive system upset
- ⇒ Body aches
- ⇒ Muscle and bone pain
- ⇒ Fatigue
- ⇒ Reduced immunity



# The Grieving Body

One of the profound experiences of grief is the sense of losing control. Someone important to us died and we had no control over that. We have lost control of our thoughts and emotions. Our body is on a separate ride and all seems chaotic.

Today, you can begin to take back some control as you begin to take care of your body. No one else will take care of it for you. It is yours. Why not choose to intentionally do the best you can for it? Healthy grief knows this and takes the steps to start some simple self-care practices. Here is a list of a few ideas you can implement. More are found in your **Comfort for the Day** book, pages 14-20.

## Option 2

Healthy Grief takes **energy**—to replenish that energy we need two important things—rest and healthy food.



- Rest often during the day. You needn't sleep but rest your body and mind for 15 minutes a few times a day.
- Strive to get sound sleep. Create a bedtime routine that includes calming music, reduced lighting, a bath or shower, listing your gratuities for the day, evening scripture reading and prayer. If necessary, check with your physician for a *temporary* sleep aid.
- Eat regularly. Choose foods low in fat and sugar. Get plenty of whole grains to replenish your energy needs. Eat a large selection of fruits and vegetables. Eating may be difficult because your taste buds have become dull. That will change as the shock subsides. But it might be several months before you regain your appetite. So, you will need to choose to eat simply to nourish your body.



# The Grieving Body



## Option 3

Healthy Grief needs **strength** to engage in the grief activities. So, look at these suggestions:



- Exercise regularly—a 30-minute walk daily for good results or choose what exercise is most enjoyable to you
- When available a bit of time in the sunshine strengthens your bones and mental attitude
- Keep your body flushed with plenty of water – no less than 8 cups daily
- Practice finishing your warm shower with 30-60 seconds of cold water to boost your immune system

## Option 4

Healthy Grief needs **peace** – attending to your spiritual grief is a key to supporting your physical and emotional grief.

- Spend quality time daily in meditation and prayer
- Write an honest prayer daily
- Explore how you can more deeply trust God with your healing by interacting with the **Comforts for the Day** on pages 24-114 in your book.



## Option 5

Select some of the ideas above to incorporate in your daily routine. Practice it for 3 or 4 DAYS and then reevaluate any adjustments needed to maximize your benefit.

### My One-Day-at-a-Time Daily Routine

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# The Grieving Body

## Option 5

Consider that God knows and understands your physical needs.

A God Option

“Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.”

Psalms 31:9



Happy healthy grieving to you today and every day as you make good choices for your grieving body. Please let me know what worked or didn't work.

Thanks.

Looking forward to seeing you again in the next segment you choose to watch.

*Karen*