

## FINDING AN OUTLET

### WHY IT MATTERS

The brain can't tell the difference between physical and emotional pain, making it very important to engage in activities that give your brain a respite from the grief and help you to engage in life.

Further, studies show that performing a repetitive action with your hands required for such things as gardening, coloring, woodworking, kneading dough, beading, or doing yarnwork such as knitting or crocheting, induces a meditative state, calms your mood, and can even result in a new craft or gifts to give.

Gallup conducted a study that showed people who use their gifts to help others experience the same benefits of giving. You get to exercise your talent and receive all the benefits of giving while others benefit from the giving of your talent. You can also use your outlet to validate and strengthen personal competency.

### SUGGESTIONS:

- Learn to mold chocolate
- Learn to make soap
- Bead, knit, crochet, or quilt
- Volunteer in the community
- Learn a new sport such as golf
- Create a garden in a forgotten part of the yard
- Join Pinterest or a book club
- Doodle, draw, or mold clay
- Crochet a prayer shawl
- Sew a memorial quilt
- Join a community choir
- Read to children at the library
- Translate for a community organization

### HELPFUL TIP

When grieving, it can feel as if everything in life has changed, and often it has. Creativity can be a solid, comforting, and familiar friend—a pillar of self-support.

