

RESILIENCE RX TIP 1

CREATE YOUR CARE PLAN

Losing someone we love changes how we live and who we are. The first step is to take good care of yourself. Self-care refers to healthy habits and activities that reduce stress by doing things that activate endorphins—our happy hormones—dopamine, oxytocin, and serotonin, to counteract stress hormones.

WHY IT MATTERS

Grief is a significant stressor that impacts our mental, physical, and emotional health. Self-care can improve our well-being, minimize stress, reduce the damaging effects of grief, and help us adjust as we learn to live with our loved one in our heart instead of our arms.

Creating a self-care plan that tends to your physical, emotional, social, and spiritual needs will help strengthen your inner resilience when juggling the demands of life while grieving, and can help anchor your ability to weather times of upheaval in the future. By identify things you enjoy, you'll be able to create a unique and helpful self-care plan you're more likely to stick with.

AIMS OF SELF CARE

Grief can make us feel out of control. Self-care helps to restore some of that control through managing our health and well-being. When we feel physically and spiritually stronger, our coping improves. Self-care can:

- Help manage stress
- Prevent physical illness
- Help maintain equilibrium and honor one's own needs

HOW TO BEGIN

1. Identify your emotional, physical, social and spiritual needs.
2. Create your self-care plan and fill it with activities you enjoy. Use Resilience Rx™ tips in this manual to help.
3. Put it into action and stick to it.
4. Reassess it every 3 months and adjust as needed.

Starting now, create a plan that tends to your emotional, physical, social and spiritual needs, and promise to do activities that activate your brain's happy hormones.

WHAT TO KNOW

Research shows that when you feel better, you cope better.

HOW TO CREATE YOUR PLAN

Use the suggestions under each heading below to help formulate a self-care plan you can stick with.

PHYSICAL NEEDS

Nourishing your body will help you feel better.
When you feel better, you cope better.

- ✓ Practice good sleep hygiene
- ✓ Engage in light exercise, housekeeping or dancing to keep the body moving
- ✓ Stay hydrated and eat for health
- ✓ Make time for restorative relaxation
- ✓ Enjoy a good belly laugh each day

MY PHYSICAL GOALS:

- _____
- _____
- _____
- _____
- _____
- _____

SOCIAL NEEDS

Fulfilling engagements and interactions help guard against depression and isolation.

- ✓ Develop supportive friendships
- ✓ Volunteer in the community
- ✓ Take or teach a self-enrichment class
- ✓ Join a book, tennis, quilt or knitting club
- ✓ Travel

MY SOCIAL GOALS:

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- _____
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EMOTIONAL NEEDS

Our emotional needs are met through understanding, empathy, and support.

- ✓ Surround yourself with others who speak your loss language
- ✓ Talk to loved ones about your loss
- ✓ Express your emotions in a journal
- ✓ Engage in enjoyable outlets such as coloring, knitting, gardening, puzzles, etc.

MY EMOTIONAL GOALS:

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- _____
- _____
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SPIRITUAL NEEDS

Our spiritual needs are met through inner reflection.

- ✓ Each day write down one thing you're grateful for, or try spiritual journaling
- ✓ Engage in a reflective practice such as prayer, meditation or yoga
- ✓ Talk to clergy or a spiritual mentor

MY SPIRITUAL GOALS:

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