

## STRESS SURVIVAL SUGGESTIONS

*“Grief is universal.  
At the same time it is extremely personal.”*

Earl A. Grollman, Living When a Loved One Has Died

1. Exercise. Physical exercise produces endorphins and helps your body shed toxins. Relaxation exercises such as deep breathing, meditation and prayer can also be helpful.
2. Do something you enjoy that requires your concentration and which will temporarily distract you from your grief.
3. Do something for someone else. This will increase your self-esteem and give you a sense of satisfaction.
4. Start and finish a short-term project or take up a new hobby.
5. Sign up for lessons to learn something new.
6. Take up activities that will bring you close to nature such as gardening in the spring and summer or a walk in the country.
7. Say yes to invitations for things you really want to attend; say no to things you don't want to attend.
8. Pamper yourself by doing something you've always wanted to do but never got around to doing.