

GRIEF & SELF-CARE

Supporting yourself following
the death of a loved one



**The Greater Metropolitan
Cemeteries Trust**

Lasting memories, peaceful places.



australian centre
for **grief** and
bereavement



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It's never too late to seek help

Grief doesn't have a timeline – it's OK to admit you are struggling with your grief, whether it be weeks, months, years or even decades after the death.

Where can I find help?

- Friends and family
- GP and/or health professional
- Community health service
- Counselling or a support group
- Telephone helplines, e.g. Lifeline: 13 11 14



Ten tips for good self-care

- 1. Put yourself first** - Make looking after yourself the priority. By looking after yourself first, you will then be better able to support those around you if needed.
- 2. Rest and relaxation** - Be kind to your body – make time to do things that are relaxing, e.g. sleeping, listening to music, massage, having a bath or meditation.
- 3. Healthy eating** - Try to maintain a healthy and balanced diet.
- 4. Physical activity** - Try to build a sustainable amount of physical activity into your daily routine. Even a 30-minute walk can make a big difference to your overall health and wellbeing.
- 5. Social connections** - Make the effort to regularly engage with friends, family and your local community. This can be as simple as having coffee with a work colleague, phoning a friend, joining a local club or having a chat over the fence with a neighbour.
- 6. Do activities that give you pleasure** - Set time aside to do the things that you enjoy; this could be anything – reading a book, gardening, going to the movies, playing the piano, riding a bike, etc.
- 7. Go outside** - Embrace the great outdoors – fresh air and sunlight (Vitamin D) can help to improve your overall health and wellbeing.
- 8. Talk** - Telling your story can be healing. Talk to someone supportive and understanding about your grief journey.
- 9. Healthy relationships** - Spend your time and energy on positive relationships. Ask yourself: *Do my existing relationships create meaning and comfort in my life or are they unhealthy?*
- 10. If you need help, ask** - Help is available if you need it. Don't be afraid to ask or find out what is available.