

# Coping with Grief

It can be a challenge to manage the thoughts, emotions, and memories that accompany grief. On hard days, it feels especially difficult to care for yourself and nearly impossible to do much else. Begin by building a routine, piece-by-piece, that includes various coping activities. This can help you to actively cope on a day-to-day basis, but can also ease the most painful moments.

How you cope will depend on your personality, preferences, strengths, and experiences. Write down your own ways to cope with grief, using the suggestions below for inspiration, if needed.

## Brainstorm ways you can cope:

1. _____ _____	2. _____ _____
3. _____ _____	4. _____ _____
5. _____ _____	6. _____ _____
7. _____ _____	8. _____ _____
9. _____ _____	10. _____ _____

### Emotional

- Express your emotions.
- Identify the emotions you're feeling.
- Talk to someone.
- See a counselor.
- Attend a support group.
- Practice mindfulness.

### Creative

- Draw/paint/color.
- Take photographs.
- Write poetry or stories.
- Listen to/Make music, create a playlist.
- See an arts therapist.
- Journal.

### Rational

- Learn about grief theories.
- Read books about grief.
- Learn about types of grief.
- See a counselor.
- Get involved in advocacy.
- Support others in their grief.

# Well-being & Coping

There is also coping that enhances well-being. Well-being is the experience of having purpose in your life, healthy relationships, and a sense of personal accomplishment. Coping that promotes well-being doesn't necessarily have anything to do with grief. In fact, these activities may allow you to take a break from grief. Well-being coping includes anything that increases positive emotion, helps to build and maintain interpersonal relationships, or gives you a sense of meaning or accomplishment. Write down your own ways of well-being, using the suggestions on the next page for inspiration, if needed.

## Brainstorm activities that increase well-being for you:

- |                   |                    |
|-------------------|--------------------|
| 1. _____<br>_____ | 2. _____<br>_____  |
| 3. _____<br>_____ | 4. _____<br>_____  |
| 5. _____<br>_____ | 6. _____<br>_____  |
| 7. _____<br>_____ | 8. _____<br>_____  |
| 9. _____<br>_____ | 10. _____<br>_____ |

Adapted from "What's Your Grief?"

*If you have questions or concerns about the grieving process,  
please give us a call at (716) 836-6460 or email  
for more information, resource and support.*

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# Examples of well-being activities:

- Go for a walk.
- Meditate.
- Call a friend.
- Get a massage.
- Organize a gathering.
- Stretch.
- Go to a coffee shop.
- Listen to music/create a playlist.
- Go for a drive.
- Take a nap.
- Eat something delicious.
- Read.
- Watch a movie.
- Take a class.
- Join a club.
- Get a haircut.
- Play with your pet.
- Plan time away.
- Get organized.
- Go to a sporting event.
- Visit family.
- Cook or bake.
- Do a random act of kindness.
- Go to the library.
- Try a new hobby.
- Write a letter.
- Watch funny videos.
- Clean.
- Do some creative writing.
- Exercise.
- Volunteer.
- Schedule doctor's appointments.
- Attend a faith service/pray.
- Go shopping.
- Take a bath.
- Start a gratitude journal.
- Sing.
- Reminisce with old photos.
- Take a break from alcohol.
- Doodle.
- Turn off all electronics.
- Dance.