

INSTEAD OF:

Criticizing yourself for not
'handling grief better'

Feeling guilty for crying in front of
your kids.

Beating yourself up for not feeling
better by now.

Admonishing yourself for not
doing enough to prevent the loss.

Telling yourself that you're lazy for
taking things slow or resting.

TRY THIS:

Remind yourself you've never
faced this particular loss before
and you're doing the best you can.

Feel proud that you are modeling
how important it is to feel all the
feels.

Take some time to notice one or
two moments or actions you took
that feel better or easier than they
did last week or last month.

Reflect on all the ways you showed
up and supported your person in
their life.

Remember that your body is
grieving too and the best thing
you can DO to feel better is REST.