

Your Next Steps in Grief: Care, Connect, Feel & Get Help



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1

ENGAGE IN SELF-CARE

Self-care is the active role you play in your own well-being. Examples of self-care include: journaling, practicing gratitude, deep breathing, yoga, walking outside, calling a friend, cooking a healthy meal, getting lost in your favorite show or book, getting a manicure, saying “no” to people and plans that don’t serve you, making your bed, meditating, dancing, cleaning, organizing and asking for help.

2

CONNECT WITH OTHERS

There can be great healing in connecting with people and feeling validated by people who understand what you’re going through. You can join support groups through your local church or bereavement center. Join Facebook groups for cancer caregivers and cancer widows. Connect with others on Instagram using relevant hashtags such as #youngwidow #widow #soloparent #griefjourney #cancerwidow. Find grief-related podcasts and if you feel comfortable, share your own story in your way.

3

FEEL YOUR FEELINGS

Suppressing emotions can be detrimental. The anger, the fear, the anxiety, and the sadness. Scream, cry and sigh. Ride the grief waves as they come. Sometimes they’ll be small. Sometimes they’ll feel like a tsunami. Let each wave run its course. You can only distract yourself for so long. Ask for help. Take a mental health day. Listen to sad songs. Do what you need to do to LET IT OUT.

4

GET HELP

You’re not meant to do this alone. Talk to a therapist- even for just a few sessions. Most therapists offer virtual options. Your employer or late spouses’ employer probably offers an Employee Assistance Program that includes a set number of phone calls with a licensed therapist at no cost to you. Consider apps like BetterHelp and TalkSpace. If you think you’re a candidate for medication, go talk it through with your doctor. Getting help from a therapist or from science is not a weakness - in fact, recognizing that you need a little extra help to be the best version of yourself is a sign of great self-awareness and strength.