

Ways you can be kind to yourself following a bereavement ...



Remember happy times,
Maybe visit (or plan to visit)
places that make you feel happy

Be content with who you are and
accept your own limitations



Treat yourself with the same
compassion that you would
give to your best friend

Spend time
doing something
you enjoy

Set your own pace,
don't let others set it
for you



Don't apologise
for your grief

Talk about your
loved one, even if
it makes you or
someone else
feel sad

Ask for help if
you need it
Let people support
you and accept help
when it is offered



Don't expect to "get
over it" - you can build
a life around your loss,
it will always be a part
of your life



Be honest about how you feel -
with others and with yourself,
It's okay to not be okay!



Make lists of things to do,
but be content with your
progress and with having
days when you do nothing



Love yourself and let
others love you too!