

# RESILIENCE RX™

A free resource

## SELF CARE TIPS FOR WORK

*Ways to manage  
grief on the job*

*Tips for work  
and home*



# RESILIENCE RX

## Self-care techniques

The science behind why they work and  
how to implement them in everyday life

BY

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This free resource is designed to provide self-care techniques to support the bereaved with the understanding that the International Grief Institute is not engaged to render any type of psychological, legal, or any other kind of professional advice.



INTERNATIONAL GRIEF INSTITUTE, LLC

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## Self Care Tips for Work

“ Self-compassion involves a consistent attitude of kindness and acceptance toward ourselves as a whole.

LISA FIRESTONE, Ph.D.

### Benefits of Self Care

Self care refers to healthy habits and activities that reduce stress and maintain well-being by doing things that activate our positive hormones— dopamine, oxytocin, and serotonin—to counteract the hormones associated with stress. It's any deliberate activity we do to take care of our mental, emotional, and physical health. Making time for yourself will help strengthen your inner resilience when juggling the demands of work while grieving.

### Aims of self care

- To help manage stress
- To prevent physical illness
- To help maintain equilibrium & honor one's own needs

### Why it matters

- Grief is a significant stressor that impacts our emotional, mental and physical health.
- Emotional stress and mental exhaustion make us less organized, less productive, and less efficient. Emotional depletion can lead to insomnia and other health problems.
- Good self care practices help you stay sharp, motivated and healthy.
- Self-care produces positive feelings and boosts confidence and self-esteem.
- The wealth of a company depends on the health of its employees.

### SELF CARE TIPS FOR WORK:

- Find a safe room you can use for ten minutes when emotions bubble to the surface. This gives you the space to collect yourself in a private setting away from clients and colleagues.
- Compartmentalize if needed at work, but give yourself time to grieve, too.
- If possible, request light cognitive duty for a while to minimize mistakes and injuries.
- Avoid operating dangerous equipment until the fog lifts. This will maximize safety and minimize risk management issues.
- Learn to let go, say no, and ask for help from others. Honor your own limits.

### SELF CARE TIPS FOR HOME:

- Talk about your grief for at least 15 minutes every day. It's okay to ramble, rant, and repeat yourself. Talking is how we process. Processing is how we heal.
- Carve time in your day to do things you love. This will help recharge your battery.
- Eat healthy and stay hydrated to boost immunity and physical well-being.
- Engage in light exercise and practice good sleep hygiene.
- Sing. In the shower, in the car, in your bed. It releases muscle tension and stress.
- Enjoy a good belly laugh every day. Watch a comedy or funny videos. Laughter releases tension, boosts your mood, and lightens a heavy load.
- Engage in activities involving repetitive hand motions such as beading, painting, pottery, gardening, knitting, woodworking or coloring. Repetitive hand motions calms the mind.
- Use journaling to release inner thoughts and feelings.
- Recognize that you can't fix grief. It's a rite of passage for everyone.





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## A word about resilience

“ Life doesn't get easier or more forgiving,  
we get stronger and more resilient.

JAMAIS CASCIO

### What is resilience?

Resilience is the ability to adapt to life difficulties—including loss of a loved one. When waves of sadness threaten to break us, building resilience through strategies that support the brain, body and emotions by triggering positive hormones can help during critical times, and reduce the damaging effects profound stress can have on our body over time.

### The goal

The goal of Resilience Rx™ is to offer self-help techniques that trigger positive hormones to help during waves of grief, and support you as you learn to move forward with your loved one in your heart.

### How do you strengthen resilience?

The first step is to take good care of yourself. We can't always predict the waves of grief, but we are in control of how we care for ourselves physically, mentally, emotionally, and spiritually.

There are multiple ways to trigger positive hormones, and we offer you choices through Resilience Rx™. Use this resources as one of your tools in your toolbox of self care while mourning the loss of someone you love to help lift your spirits and soothe your heart.

ABOUT

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## LYNDA CHELDELIN FELL

Lynda Cheldelin Fell is founding partner of the International Grief Institute, creator of Resilience Rx™, and bestselling author of over 35 books including the award-winning Grief Diaries series.

Critical incident stress management certified, she is a national educator who has curated the largest published collection of grief experiences in the world.



Dedicated to supporting resilience through best practice strategies, Lynda has earned five national literary awards and five national advocacy award nominations for her work. Learn more at [www.LyndaFell.com](http://www.LyndaFell.com).

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