

RESILIENCE RX™

A free resource

SENSORIAL THERAPY

*How our senses can
help soothe our mind*

*Learn the easy
Rules of 5 to help*

IGI INTERNATIONAL
GRIEF INSTITUTE
INVESTING IN COMMUNITY RESILIENCE

RESILIENCE RX

Self-care techniques

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

BY

LYNDA CHELDELIN FELL



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.



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Sensorial therapy



A treat is a small pleasure or indulgence
that we give to ourselves.

GRETCHEN RUBIN

Benefits of sensorial therapy:

Our five senses play a role in how we feel, and can be influenced by what our senses take in.

When grief overwhelms our day, treat your five senses to things that look, feel, smell, taste, or sound good. Treating ourselves to something that evokes sensorial joy stimulates our feel-good hormones.

In addition to the pleasure of taste, research shows that certain foods help reduce stress, including avocado, oatmeal, raspberries, blueberries, oranges, pistachios, walnuts, and chocolate.

Find ways to offer yourself some form of sensorial pleasure every day. With practice, the awareness of delight eventually becomes effortless, and is an important step toward restoring balance in times of stress.

EXERCISE: Rules of 5

Every day practice the Rules of 5 by enjoying the following:

- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste**

SIGHT—Visual suggestions:

- Watch a sunrise or sunset
- Look at a cherished photo or a favorite memento
- Use a plant or flowers to enliven your work space
- Enjoy the beauty of a garden, the beach, a park, or your own backyard.
- Surround yourself with colors that lift your spirits.

TACTILE—Tactile suggestions:

- Soak in a warm tub with Epsom salts or bath oil
- Wear a pair of extra soft socks
- Pet a dog or cat
- Wrap yourself in a soft scarf or blanket

HEARING—Sound suggestions:

- Listen to relaxing or upbeat music
- Listen to laughter on YouTube or comedy
- Listen to the sound of the ocean, waterfall, or fountain
- Hang windchimes near a window
- Seek silence
- Listen to the birds or a soundtrack of nature

OLFACTION—Smell suggestions:

- Shower or bathe with a lovely scented soap
- Light a fragrant candle or burn incense
- Apply a scented lotion to your skin before bed
- Buy a fragrant flower bouquet for the kitchen or your office
- Experiment with different essential oils in a diffuser
- Enjoy clean, fresh air in the great outdoors
- Spritz on your favorite perfume

GUSTATION—Taste suggestions:

- Enjoy one of the foods listed on the prior page
- Enjoy a mug of herbal tea, cocoa with whipped cream, or a cold drink
- Chew flavored gum
- Indulge in a piece of dark chocolate
- Eat a ripe piece of fruit



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.



Bonus tips

“ Every day is a bonus.
GEOFFREY BOYCOTT

More self-help techniques to help with grief:

- Chew gum
- Stomp on bubble sheets
- Meditate
- Pray
- Change the channel
- Take up a craft that requires repetitive hand motions such as beading, knitting, clay modeling, chocolate making, woodworking
- Yoga
- Deep breathing
- Kiss
- Acupressure
- Listen to music
- Watch a viral video
- Paint the walls
- Plant flowers
- Weed
- Deadhead the roses
- Dry skin brushing
- Buy a plant
- Get a pet

ABOUT

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.

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