

RESILIENCE RX™

A free resource

SELF CARE TIPS FOR SUPPORTERS

*How to protect your own
energy when supporting
someone through loss*



RESILIENCE RX™

Self-care techniques

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



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 Supporters

“ 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. It's any deliberate activity we do to take care of our mental, emotional, and physical health. Because bereavement care involves looking after others, it's imperative we also look after ourselves. Making time for yourself is crucial to your own well-being.

Aims of self care:

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

Why it matters

- Stress and emotional exhaustion can make us less organized and productive, and emotionally depleted which can lead to insomnia and other health problems.
- Caring for others can reopen old wounds.
- Self-care produces positive feelings and boosts confidence and self-esteem.
- Good self care habits helps your internal battery stay charged. In turns, this helps you remain sharp, motivated and healthy.
- It's necessary to remember that your needs are important too.

SELF CARE TIPS:

- Recognize that you can't fix your loved ones' grief. It's a rite of passage for everyone.
- Learn the signs and symptoms of compassion fatigue. Seek support when you're struggling.
- Learn to let go, say no, and ask for help from others. Honor your own limits.
- Do one nurturing activity each day. Read a book, take a bubble bath, go for a walk.
- Carve out time in your day to recharge your battery by doing things you love.
- Eat healthy and stay hydrated to boost immunity and physical well-being.
- Engage in light exercise and practice good sleep hygiene.
- Plan for short respites from supporting your bereaved loved one. Consider taking a vacation with others you love.
- Embrace joy without guilt. Listen to children laughing, smell a rose, watch a sunset.
- Sing. In a choir, in the car, in the shower. It releases muscle tension and stress.
- Enjoy a good laugh every day. Laughter lightens a heavy load and boosts your mood by releasing tension. Watch a comedy show or movie, or watch funny videos.
- Engage in activities that involve your hands such as gardening, knitting, woodworking, painting, pottery, beading, or coloring. Repetitive motion of the hands is soothing and calms the mind.
- Take up journaling to release inner thoughts and feelings in a private, safe place.





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. Building resilience through strategies that support the brain, body, and emotions during difficult times can help reduce the damaging effects of grief.

The goal

The goal of Resilience Rx™ is to offer self-help techniques that trigger positive hormones—dopamine, serotonin, and oxytocin—to help 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 loss and other stressors, but practicing self-help techniques that tend to our physical, mental, emotional, and spiritual needs can help us to weather the storms.

There are multiple ways to trigger positive hormones. Use this Resilience Rx™ resource as one of your tools in your self-care toolbox to help lift your spirits and soothe your heart when mourning the loss of someone you love.