

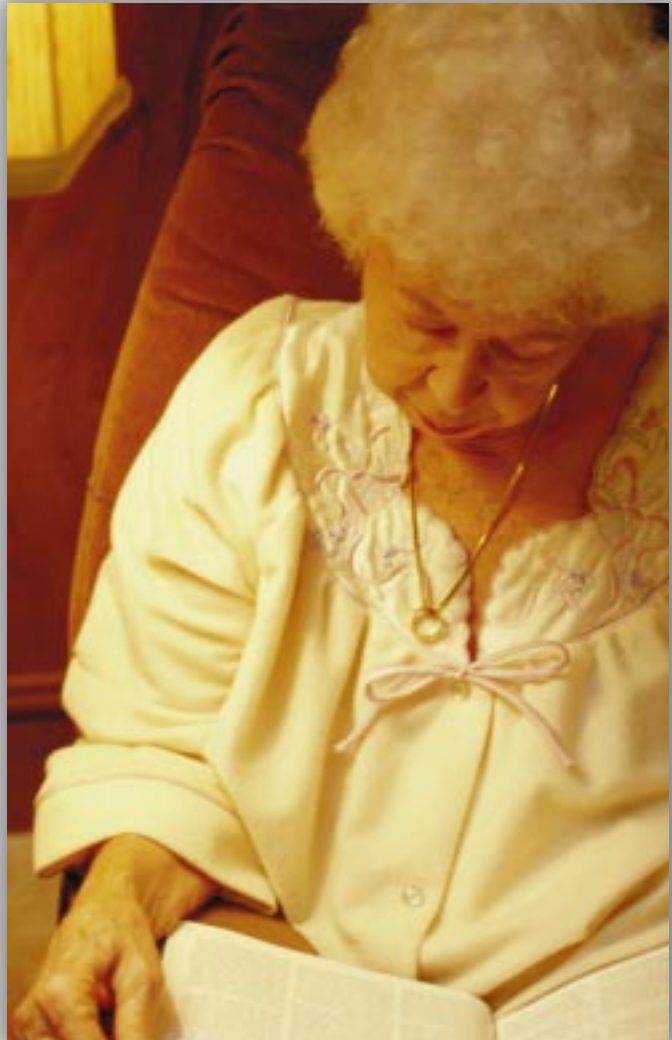
Taking Care of Yourself

Honor your loved one through self-care.

You feel helpless, yet there are things that must be done. Make a list of things that must be done soon. Then number them in order of importance starting with number 1. Only set goals that can be easily attained. Finish one task before starting another.

When grieving, getting your sleep, relaxation, nourishment and exercise are essential.

- 1.** Maintain your usual routine for getting rest and sleep.
- 2.** Try to avoid sleep medication unless it's absolutely necessary.
- 3.** You may feel tired more often; however, resist excessive napping. It may interfere with sleeping through the night.
- 4.** Eat regularly; several light meals a day may be best.
- 5.** Light exercise daily is helpful, e.g. walking.
- 6.** Limit use of caffeine and alcohol, especially in the evening.
- 7.** If you have trouble falling asleep, get up. Being in bed is for restful sleep. Read a boring book, write in your journal or work until sleepy. You don't want restless tossing and turning associated with being in bed.
- 8.** Relaxation can be helpful for sleep. (See Relaxation Guide in Appnedix.)



The Worst Things

*“To be in bed and sleep not,
To want for one who comes not.”*

Egyptian Proverb