

## Guidelines for Healthy Grieving

- **Accept My Grief** – I need not deny or pretend.
- **Feel** – Let my feelings flow and feel them.
- **Don't Try to Replace** the loss immediately.
- **Talk with Safe People** about my feelings around the loss.
- **Don't Change the Subject** if pain and grief come up.
- **Take Good Care of Myself** – nutrition, rest, moderate exercise.
- **Avoid Making Major Decisions** during the first several months of grieving.
- **Involve Myself** in moderate work and meaningful activity.
- **Have Fun** when it comes up. Laughter is okay.
- **Take as Much Time** as I need.

### Ten Commandments of the Bereaved

#### "Taking Time"

1. **Take time** to accept death.
2. **Take time** to let go.
3. **Take time** to make decisions.
4. **Take time** to share.
5. **Take time** to believe...to survive is to find meaning in suffering.
6. **Take time** to forgive we need to own and express anger—yet we need to forgive (years of regret pile up causing illnesses).
7. **Take time** to feel good about yourself.
8. **Take time** to meet new people.
9. **Take time** to laugh.
10. **Take time** to give.