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WAYS TO CARE FOR YOURSELF WHILE CARING FOR OTHERS

Grief is an emotional, intellectual, spiritual, and physical experience. When we support people who are grieving, it has an impact on us. As a result, we need to take care of ourselves too. Modeling these four components of grief, here are 50 ways that you can engage in healthy self-care practices that will nourish you emotionally, physically, spiritually, and intellectually while caring for others. In addition to these options, identify others that bring you joy, relief, and rest.

1. Go for a hike
2. Go on a run
3. Go for a walk
4. Go to the gym
5. Go for a swim
6. Stretch
7. Do yoga
8. Eat a balanced meal
9. Go for a Massage
10. Jump in a sauna
11. Take a bath
12. Lay in the grass
13. Meditate
14. Read
15. Write
16. Journal
17. Savor a favorite food
18. Meet up with friends
19. Unplug from social media
20. Watch a good movie
21. Watch you favorite TV show
22. Call a friend
23. Visit a museum
24. Get lost in an adult coloring book
25. Do something outside your comfort zone
26. Watch sports
27. Do something crafty
28. Shoot hoops
29. Go for a bike ride
30. Pump some iron
31. Go fishing
32. Tackle your to-do list
33. Drink lots of water
34. Play
35. Go canoeing
36. Go kayaking
37. Do religious activities
38. Watch lots of kitten videos
39. Spend quality time with friend(s)
40. Spend quality time with family
41. Cuddle up with a pet
42. Binge on Netflix
43. Be intimate
44. Listen to your favorite tunes
45. Sing
46. Dance
47. Sit by a campfire
48. Drink your favorite cup, glass, pint of ____
49. Organize
50. Get some sleep