



4 Self-Care Practices to Help You Heal From Grief

The death of a loved one comes with all-consuming grief that makes it hard to focus on anything else. If you're struggling to cope with loss, know that you're not alone. There are many self-care practices you can do to help yourself heal. Today, [CemeteryGroup.org](https://www.cemeterygroup.org) shares a few self-care practices to get you started.

Be Patient With Yourself

It's important to allow yourself time to grieve. Don't bottle up your emotions or pretend like everything is okay, as this might only make things worse. [Understand that it's okay](#) to cry, to be angry, and to feel sad. Let yourself feel whatever emotions come up for you, and know that they won't always feel so strong. Your grief may come and go in waves, and some days will be better than others.

Honor Your Loved One's Memory

One of the best ways to keep your loved one's memory alive is by taking time each day to remember them. You can do this [in a number of ways](#), such as looking at old photos, listening to their favorite music, or watching videos of them. This may bring up difficult memories or feelings, so it's a good idea to have a friend or loved one go through the process with you.

Finding tangible ways to honor your loved one will also help. This could be something as simple as planting a tree in their memory or donating to a cause they were passionate about. You might also look into creating a permanent memorial. Take a look at [bronze plaques](#) that can be customized with your choice of color, background, or thickness. You can even install it outdoors, as bronze is very durable. This is a wonderful way to remember your loved one and ensure that others will be able to do the same for years to come.

Make New Connections

When you're grieving, it can be helpful to connect with others who are [going through the same thing](#). This could be done by joining a support group or reaching out to friends and family members who are also grieving the loss of your loved one. Talking about your feelings to someone who gets it can be a major benefit in moving through your grief.

Talk to Someone

Sometimes, talking to our peers just isn't enough. If you're struggling to cope with your grief, consider talking to a counselor or therapist who can help you work through your emotions in healthy ways. They will be able to provide guidance on how to let go of painful memories or [how to move forward](#) without carrying heavy emotions like guilt.

If you're unsure of where to start, ask for recommendations from a member of your support group, or search online for professionals in your area who specialize in grief management. We've compiled a list of [resources you can turn to](#) in your grief.

Grieving the loss of a loved one is never easy, in part because [grief comes and goes](#). You may feel as though you're getting better only to meet a particularly painful memory and start going through the process all over again. The key is to be patient with yourself and to find support from people who understand your feelings. You might also benefit from creating a memorial for your loved one and ensuring that their life and impact are remembered for years to come.

At [Ethician Family Cemetery](#), we adhere to the Biblical philosophy of “dust to dust” by promoting “green cemeteries.” If you have any questions, please email ghr@cyberclone.net.

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