

When we think of self-care we can often think that equates to being selfish. This is an unfortunate association, especially in times of loss and when experiencing the inevitable pain of grief. Self-care is important for our health, and during times of grief it is vitally important. In today's society more than ever we seem to be constantly on the go; busy doing things and being stressed to the max. When grief hits, it can quite literally knock the wind out of our sails.

On any given day we only have so much energy. This can be likened to having only 24 hours of time in each day. Our energy is our currency and grief can and will use up a lot of it each and every day until we find our way to recovery. During our times of grief we must find ways to care for and replenish this very precious currency and life force, otherwise we will end up depleted. And once we become depleted, we will borrow energy from other places. If we borrow from our body it can lead to sickness. If we borrow from our



loved ones we can end up draining them of their energy. Either way we all lose.

Here are some ways you can preserve, replenish and care for you during times of grief.

Sleep

We all know, intuitively, how important it is to get a good night's rest. It is vitally important to how we feel in the morning. But it can often be neglected and minimized in times of grief. If you are not sleeping well, you need to find ways to enhance your sleep. Seek out support from a professional.

Nutrition

Comfort foods may taste good in the moment, and they can even provide some immediate solace and pleasure, but food that is low in nutritional value can be a drain on our energy. It is important to eat foods that enhance our energy and overall health. When energy is being used to deal with grief, a highly nutritious whole food diet is not just beneficial, it is critical.

Grief Support

We are tribal beings. We are not meant to go through life alone and without support. The

saying that "it takes a village" is so true in times of grief. The right kind of support can help us discover where we are leaking vital energy - to our past or present - and help us claim back this energy that enables us to heal and recover. The question is not whether or not we need support, but rather what kind of support is best for us and taking the steps to get it.

Self-care is about ensuring we have good levels of energy to handle all of our life situations, including those that involve grief. Practice self-care as a regular routine and the benefits will be there when you need them.

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