

Image via [Pexels](https://www.pexels.com/photo/man-in-black-shirt-and-gray-denim-pants-sitting-on-gray-padded-bench-1134204/)

**3 Elements to Focus on for Healthy Grieving**

Nearly everyone experiences grief at some point. Although it can be painful, [Lift OneSelf](https://www.liftoneself.com/) assures you that there are things you can do to ensure you are grieving in a healthy way.

**1. Your Mental Health**

It is essential to understand that [everyone grieves differently](https://www.everydayhealth.com/emotional-health/grief/healthy-grieving/) and will find different coping strategies helpful. Not all of these methods will be suited to your personality and situation, Psych Central presents some common approaches to [dealing with grief](https://psychcentral.com/health/coping-skills-for-grief#coping-skills-for-grief), which include:

* Humor
* Religion and spirituality
* Acceptance

Keep in mind that your emotions will evolve as you move through the grieving process and that your coping mechanisms may change as well. If you are experiencing extreme emotional distress and feel unable to cope, [seek professional help](https://cmha.ca/brochure/grieving/).

Remember the things that bring you joy and satisfaction, and encourage yourself to pursue them even when you don’t feel in the mood. These acts of self-care will make a big difference. There is no right or wrong choice. For you, it may be taking a walk or getting a massage. Or perhaps you want to pursue a career that brings you more personal satisfaction than the one you’re in. If that’s the case, find [an online resume template](https://www.resumebuilder.com/) to get yourself started. Select one that fits your industry, and customize it to fit your experience and your desired position. The best part - you can have a resume ready to go in just a few minutes.

**2. Your Surroundings**

Your home should be a refuge, a place to process your emotions. If you are grieving, your home is likely to be filled with reminders of your loss. For some, the reminders are comforting. For others, they are painful. If you find yourself in the latter category, it may be helpful to remove as many of the reminders as you can. Consider boxing them up and putting them in a closet so that you can revisit them when you are feeling stronger.

If you feel that a change is needed to help you cope with daily life, redecorating may be helpful. You can modify your home to meet the needs of your life as it is now. Comfort decorating is likely to be particularly [helpful for those who are grieving](https://www.southernliving.com/home/decor/comfort-decorating-home-decor-trend). This type of interior design prioritizes the occupant’s comfort over aesthetics. Choose cozy blankets and pillows. Set out objects that make you feel happy.

If you are not ready to redecorate, consider making smaller changes. For example, increasing the [amount of natural light](https://www.bairdwarner.com/2020/03/05/maximize-natural-light-in-home/) is likely to have a positive impact on your sense of wellbeing and can often be achieved by something as simple as opening the curtains. If you don’t have many windows, swap out your light bulbs for ones that [mimic natural light](https://www.artnews.com/art-news/product-recommendations/best-natural-light-bulbs-1234578992/).

**3. Your Daily Schedule**

How you spend your time is an extremely important aspect of the grieving process. A healthy daily schedule should help you manage your emotions. Set aside time for physical activity, and choose nutritious foods. [Socialize with friends](https://www.gms.ca/living-well/friendship-why-you-need-it-for-better-mental-health) and family. Find the right balance between rest and productivity. Some individuals need to stay busy, but others need time to sit with their emotions and process. Do what works for you.

Also, make sure you’re spending time on your diet, as this can be an excellent way to manage stress and mood. Relying on unhealthy foods is easy when you’re down, so develop an eating plan that’s not only healthy but also simple to manage. Fill your kitchen with [healthy snacks to encourage healthier eating](https://www.zenbusiness.com/blog/living-a-healthier-lifestyle-with-smarter-choices/) habits even between meals. You’ll find that eating better has a positive effect on your body and mood.

Work stress management into your day. In addition to the overarching grief, smaller and more mundane stressors are likely to still be present in your life. Take time to identify what triggers your stress. If you can eliminate one or more of these things, do so. If you can’t, then figure out ways to make them less bothersome.

Adequate sleep is necessary for healthy emotional processing. However, data show that grief [negatively affects sleep](https://www.sleepfoundation.org/mental-health/grief-and-sleep). Do your best to stick to a nightly routine. Go to bed at the same time. Make sure your room is cool and dark and that your mattress, pillow, and bedding are comfortable. Speak to your doctor if you experience severe insomnia.

Grief, by its very nature, is difficult. However, focusing on your mental wellbeing, your surroundings, and your schedule can help you through this time. Find something that brings you joy or gives you hope, and allow yourself to feel those positive emotions. Finding happiness does not reduce the degree to which you miss your loved one, but it allows you to move forward with your own life in healthy ways.

*For healing energy work to foster self-care, visit* [*Lift OneSelf*](https://www.liftoneself.com/) *today!*