

# SEAM

## Self-care basics:

### Stitch up the Broken Seam of Grief

(Phyllis Kosminsky, Ph.D)

**S - Self-regulate:** As intense feelings arise, take slow deep breaths. Do not ignore or distract - be mindful with your body, your feelings & emotions. Be gentle with yourself.

"Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes."

- Russ Harris

**E - Eat:** Put some nutrition in your body.



**A - Action:** Move your body, do something positive: create art, go outside & feel the sun, play in the gym.



**M - Monitor Self-Talk:** Notice thought patterns, especially unrealistic "should" & "must" statements. I/we/you "should've", "would've", "could've" statements.

Journaling



Counseling



Support Group



Read a book to inspire

