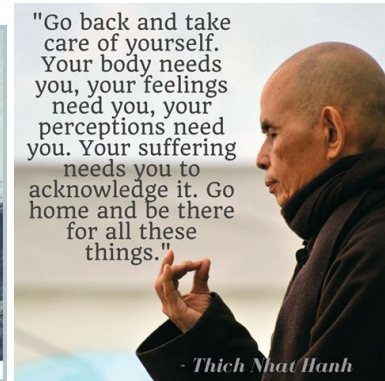
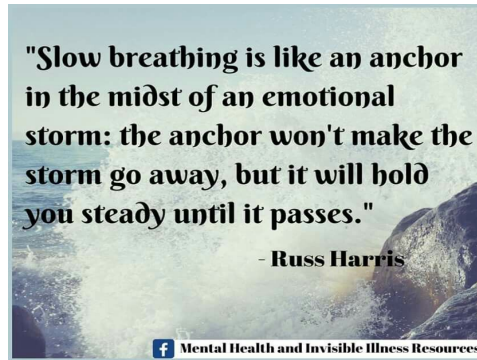
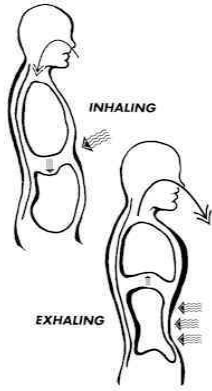


SEAM - Self care basics

Stitch up the Broken Seam of Grief (by 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.



E - Eat: Put some nutrition in your body.



A - Activity: Move your body, go for a walk even if it's just to the end of the block.



M - Monitor Self-Talk: Notice thought patterns, especially unrealistic "should" & "must" statements, as well as "should've", "would've", "could've" statements.

Journaling



Counseling



Support Group



Read a book on Grief

