

## Elements of Self Care

### Body, Mind, & Spirit

#### Body:

- Be gentle with yourself and listen to your body.
  - Honor and tend to its needs.
  - Grief & trauma are held in the body.
  - Tender touch, massage, good nutrition, exercise, plenty of sleep
  - Water is healing.
  - Tend to your 5 senses—hearing, seeing, touching, tasting, smelling.
- Use [Mind Mapping](#) to navigate grief.
  - The process of grieving is natural and unique.
  - Seek therapy, peer support groups.

#### Spirit:

- Tap into your own Inner Sanctum.
- Honor the beliefs you have about The Divine, God, Higher Power, The Source.
- Connect with others of like-mind, church, organizations.

#### Other Tools:

- journaling
- memorials
- networking groups
- music
- poetry
- aromatherapy

#### Mind:

- Realize and appreciate all you've overcome already.
- We always have the power to choose our reaction.

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#### Morning:

- Set aside time to journal, exercise, stretch, do Tai Chi.
- Be still and quiet.
- Use Tibetan bowl before meditation.
- Belly breathe with your diaphragm, hold, long slow exhale.

#### During the Day:

- Make the time to pause, be aware of what's around you, appreciate.
- Small gestures of recognition, kindness, caring for other Humans
- Play! (Fur Babies, kids, inner child, other Humans)
- Explore equanimity, a sense of inner calm, peace, and smoothness.

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#### Evening:

- Slow...way...down.
- Move deliberately.
- Make a cup of "Sleepytime" tea.
- Try various modalities: Tapping (EFT), bath/shower.
- Lower lights (solar-powered "Luci" light or nightlight).
- Be mindful, "in the moment" while preparing for bed.
- Turn down covers on your bed.
- Use lavender oil & water to spritz bed or use a diffuser.
- Listen to "Sleep Stories" on the Calm app ("Deep Sleep" or "Blue Gold") guided imagery, or affirmations.
- Listen to music, Binaural or Solfeggio frequencies.

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## Finding Meaning

### The 6 Needs of the Grieving:

- To have your pain witnessed
- To express your feelings
- To release the burden of guilt
- To be free of old wounds
- To integrate the pain and the love
- To find meaning in life after loss

### Guide to Finding Meaning:

- Meaning is relative and personal.
- Meaning takes time.
- Meaning does not equal understanding.
- Even though we may find meaning, it still isn't worth the cost of losing someone.
- Meaning does not negate loss. Your loss is not a test, a lesson, a gift, or a blessing. Loss simply happens in life.
- Only you can find your own meaning.
- Create meaning that remembers the loss and honors the life.

This guide was developed by Patti DiMiceli, a Certified Life Coach, End-of-Life Doula, Certified Grief Educator/Coach, and Entrepreneur. Tobias & Co. LLC's "Giving Back Division," Embrace the Angel, donates silk scarves, ties, and pillow covers filled with Angels to people who need it most: those who are dying and the Loved Ones they leave behind.

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~Luciano de Crescenzo

Hope & Healing  
Pocket Guide



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