



Image via [Pexels](#)

4 Healing Habits to Help You Through Grief

Grief doesn't just break your heart. Grief also causes real physical, mental, and emotional symptoms. In the weeks and months after a loss, you may have a hard time concentrating, sleep too much or too little, and struggle to find the motivation to complete daily tasks and take care of yourself.

There's no avoiding the pain of grief. However, there are things you can do to help yourself process grief and ease the journey toward healing. Read on for healthy grieving tips from the [Arkansas Funeral Directors Association](#).

Establish a daily routine

It's common to lack energy and motivation while grieving. You may find it difficult to get out of bed, eat regular meals, and practice good hygiene. Even the things that used to bring you joy fail to spark excitement in the depths of grief.

A daily routine [organizes your day](#) in a way that makes it easier to take care of yourself and your responsibilities. Set alarms to wake up and go to bed at the same time each day and stock your

kitchen with healthy foods that require minimal preparation. Try to get a little bit of exercise every day, even if it's just 15 minutes. Sometimes getting started is all you need to keep going.

Stay socially engaged

Some people feel the urge to isolate themselves when grieving, but loneliness only makes coping harder. A support system can help with daily tasks and offer a listening ear and a shoulder to cry on. Surround yourself with people who respect your grief and don't rush your timeline.

You may find it easier to [socialize](#) one-on-one or in small groups at first. Over time, set a goal to gradually push yourself outside your comfort zone, for example by joining a club, volunteering somewhere, or attending a [support group](#).

Let joy back in

In the early stages of grief, the focus is on pain and loss. But as time goes on, it's important to give yourself permission to have fun. Harnessing the good days whenever you can make the bad days more bearable and help you find joy in life again.

Try planning a trip out of town for a change of scenery and choose activities that keep you present. Houston is one of the most popular cities to [fly from Alabama](#) and has tons of fun things to do like visiting the Space Center, seeing a concert at Toyota Center, or grabbing discounted [tickets to watch the Houston Astros](#) on TickPick. The Astros play home games at Minute Maid Park, known for its retractable roof that guarantees a comfortable game.

Express yourself

A journal is a safe space where you can [express yourself](#) and process complex emotions. Set aside 10-20 minutes a few times a week to write in a journal. Many people find it therapeutic to pen letters to their deceased loved one or write down memories to revisit later. Don't worry about making it well-written and, instead, let the words flow freely.

Other forms of creative expression support healing as well. Even if you're not artistic, consider establishing a creative practice after a difficult loss. Experiment with different art forms like painting, drawing, and pottery. In addition to providing an outlet for emotions, creating art is a practice in [setting goals](#) and breaking them down into small tasks.

Everyone's journey through grief looks different. No matter where you are on the path to healing, remember to take care of yourself along the way. Set small goals for your mental and physical health and find positive ways to process your grief. It takes time, but with self-care and compassion, you can get through grief and feel like yourself again.