

# Healing Process

Although there are certain things you can expect through the grieving process, individual emotions differ and everyone's journey is unique. Do not feel the need to complete any or all of the items listed. This is simply to remind you of the many options you have for healing, and to make sure you are taking care of yourself in this difficult time.

## 1. What is Grief?

Recognize that whatever emotion *you* are feeling is a part of your unique grieving process. There is no right or wrong way to feel.

## 2. Ways to Heal

First: Are you taking proper care of yourself? Are you:

- Getting enough sleep?
- Eating right?
- Staying active?

### PERSONAL HEALING ACTIVITIES

These are suggestions for you as you work through your grief. Check off any that you have tried or are interested in trying.

- Talk with trusted loved ones
- Accept assistance when it is offered
- Join a grief support group
- Meet with a grief counselor
- Spend time with your loved one's personal belongings
- Pray
- Meditate

## Healing Process (continued)

- Talk to clergy or a spiritual leader
- Write in a journal
- Keep a blog
- Create a memory book
- Sew a quilt out of the person's old clothing
- Get involved in the community
- Take a hike or nature walk
- Visit the library
- Work in a garden
- Participate in a book club
- Try a new physical activity such as cycling, running, or a group fitness class
- Walk a healing labyrinth
- Read a healing book
- Watch a healing film
- Read "Opening Our Hearts" stories on the SevenPonds blog
- Go to a day spa
- Go on a healing retreat
- Talk to a doctor

List other healing activities you want to try: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **3. Grieving as a Family**

We provide some suggestions for healing family activities to try after a loss. You may find

## Healing Process (continued)

that only some of these are relevant to you. Feel free to add your own suggestions at the bottom.

### **FAMILY HEALING ACTIVITIES**

- Recall fond memories together
- Mention your loved one's name in conversation
- Communicate your feelings with one another
- Go on an outing as a family
- Picnic in a favorite park
- Cook a favorite meal together
- Participate in a gift exchange
- Look at old family photos
- Plant a tree or garden
- Make a memory book
- Record favorite stories about your loved one

List other family traditions you have, or that you would like to begin: \_\_\_\_\_

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## **4. Talking to Children about Death**

Have you taken the time to sit down and talk to the children who are affected by this loss?

Yes  No

### **SUGGESTIONS FOR HELPING CHILDREN TO HEAL**

- Explain death in a straightforward manner
- Make sure the child understands he/she is not to blame

## Healing Process (continued)

- Encourage the child to ask questions
- Ask the child how he/she is feeling
- Have the child draw pictures
- Have the child write in a journal or write a poem
- Have the child play a musical instrument
- Ask the child to participate at a ceremony
- Have the child help plant a memorial tree

List other meaningful ways for the child to say goodbye: \_\_\_\_\_

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## 5. Holistic Healing

Are you interested in holistic healing?  Yes  No

### HOLISTIC HEALING METHODS I'M INTERESTED IN

- Acupuncture
- Aromatherapy
- Yoga
- Crystal bowl healing
- Healing retreats

## 6. Caregiver Burnout

Were you a primary caregiver of a friend or family member who recently passed away?

Yes  No

## Healing Process (continued)

If yes, check all that apply:

- I have been experiencing feelings of depression and helplessness.
- I have been experiencing feelings of anger, frustration, and/or hostility towards myself and the person I was caring for.
- I am constantly fatigued.
- I am less interested than I once was in my work or my hobbies.
- I am withdrawing from family, friends, and general social contact.
- There has been a change in my eating and/or sleeping habits.
- There has been a change in my appetite and/or weight.
- I have been turning to stimulants and/or alcohol more often.
- It seems like I catch every cold or flu that comes around.
- I have had trouble relaxing even when I have free time.

Some of these symptoms will overlap with symptoms of grief. However, if you checked multiple items on this list, and you feel you are having trouble completing everyday tasks, you may want to consult with a doctor. And always make absolutely sure that you are giving yourself the care and attention that you need.

We hope this checklist has been helpful in addressing your after-death planning and healing needs. For more information on any other topics, consult our After Death Planning Guide on our website, or call us at (415) 431-3717, from 9:00AM-5:00PM PST or email: [WeCare@SevenPonds.com](mailto:WeCare@SevenPonds.com).