

# SELF-CARE KIT

LOVELOSSPROJECT.COM

Grief is exhausting on all levels. It depletes us emotionally, physically, spiritually and mentally. It helps to keep in mind that grief is a marathon of endurance. It is therefore essential to identify and practice how to protect your energy levels and how to make yourself feel even just slightly better at times. Here's a few ideas.

## SURVIVAL TIPS

Get out of bed. Have a Shower  
Practice Yoga. Move. Breathe  
Write. Journal or start a blog  
Have a bath  
Attend a support group  
Ask for space. Or companionship

Burn off the emotion with exercise  
Make or buy remembrance jewelry  
Create Art. Even if it is really bad art  
Name your baby and talk to them  
Allow your partner to handle this differently than you

## REMEMBER


You will survive this  
This isn't your fault  
You don't need to suffer to love  
The worst is already behind you  
There is no right way to grieve  
Your baby wants you to be happy  
You are not alone


## YOUR RIGHTS

To take time to yourself  
To voice your needs and wants  
To be an imperfect mess  
To feel all emotions or lack of  
To heal in your own way  
To set boundaries  
To find happiness again

## RESOURCES

[www.lovelossproject.com](http://www.lovelossproject.com)  
-online and in-person support, tools and resources  
[www.painnetwork.ca](http://www.painnetwork.ca)  
-support groups, advocacy & events  
[www.grieveoutloud.org](http://www.grieveoutloud.org)  
-provides online and pen pal support  
[www.grievingdads.com](http://www.grievingdads.com)  
- provides online and pen pal support

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FIND LIGHT IN THE DARKNESS