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 is 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

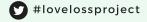
To take time to yourself
To voice your needs and wants
To be an imperfect mess
To feel all emotions or lack of
To heal in your own way
To set boundaries
To find happiness again

RESOURCES

www.lovelossproject.com

- -online and in-person support, tools and resources www.pailnetwork.ca
- -support groups, advocacy & events
- ·www.grieveoutloud.org
 - -provides online and pen pal support
- www.grievingdads.com
- provides online and pen pal support







FIND LIGHT IN THE DARKNESS