

Balance

In the early days of a bereavement, grief is often all consuming, overwhelming and absorbs all or much of a person's day and night. Over time, although ever present (often referred to by our clients as a dark cloud) people can feel a little more able to engage more with the world, life and others again.

Creating more BALANCE, between the 'being' (*honouring feelings, emotions, grief*) and 'doing' (*trying new things, joining a group, accepting social invitations, going back to work*).

Currently with the restrictions created by the Covid 19 virus, we are aware that some of the helpful strategies and opportunities for support and social gatherings are challenged e.g. coffees with friends and family, shared lunches, swimming, going to the gym and even taking walks are hugely impacted with social distancing and the stay at home message.

This may in some cases create a feeling of going backwards, having longer periods 'to think' resulting in feeling more isolated and lonely.

Here are 3 suggestions, we are sharing this week, to help with Balance – we are sure you have many more, please do share them with us, they might help someone else.

1. Find 5 Gratitude's in your day and capture the photo on your mobile phone.

Examples ...

A sunny flower (daffodil/tulip)

A well risen Yorkshire pudding/a frisbee Yorkshire pudding!

A sunset/cloud formation

A card/letter from a friend

A cinnamon bun/cake/flapjack

A bird on the windowsill

A toilet roll

In or outside, something or anything that raised a smile or made you grateful in these unprecedented times

2. Journal

Record your day, thoughts, feelings and reflections. You may or may not wish to then share these with other members of the group in the future, once the service resumes and it is safe to do so, or with a member of the Bereavement Team over the telephone. It can be a useful way to end the day before you go to sleep.

3. Get online

If you are able and have access, there are some fabulous and fun exercise sessions - online yoga, meditations that can be watched.

If you are alone at home doing these, you are also part of and sharing the

experiences with others who are also doing the same.

If you don't have access, we can send you some breathing exercises, stretches and wellbeing ideas by post, please ask via our [contact page](#) or by calling us on 01924 331400.

Above all stay safe.

NB: The above is offered as a guide, we recognise that grief is unique and a very personal experience, it is not the same for everybody. Please take from this session anything that might be useful for YOU.