



# Grieving with Intention

## Attending to Your Grief

You are on a journey that can be frightening, painful and often very lonely. There are no magic words or actions that can take that pain away. Paying attention to your grief, to the many facets of it, is the first step in healing. Making a commitment to heal and being *intentional* in navigating your grief journey can bring hope and comfort. Being *intentional* means carving out time daily to tend to the grief. Grief cannot be "fixed" or "resolved" – it can only be soothed and experienced.

## Grieving with intention means practicing purposeful self-care, in all areas of your life.

**Physical:** Eat well, take a walk, stretch, do yoga, get adequate sleep, avoid alcohol and drugs

**Mental:** Practice a new skill, read, pick up a hobby, do a crossword puzzle, practice mindful meditation

**Social:** Set boundaries, take a break from social media, seek out a support system, communicate your needs to others

**Emotional:** Identify your triggers, give yourself space and time to grieve, practice forgiveness, exercise gratitude, do something for someone else

It is important to recognize that self-care is not selfish and it is not an indulgence. It is essential in the grief journey. All areas of our life are impacted by grief, so all areas need self-care. Make a plan for daily care and share it with someone you trust.

The beauty of grieving with intention is that while we mourn, we can continue to love.

## Questions or Concerns?

Call Bereavement Services at  
513-891-7700.



**GOLDSTEIN FAMILY  
GRIEF CENTER**

**HOC NAVIGATORS**<sup>SM</sup>