

5 SENSES COPING

Have you ever heard of the mind-body connection? This is a nice reminder that even though there are times in grief where we may feel very disconnected from either our mind or body, we as a human being, work best if we are feeling the full connection. But how do we achieve that? It can be as simple as taking some time to incorporate our senses throughout our experience as ways to re-connect and fully cope with what we are feeling and thinking. Here is the other nice aspect, we can call on these 5 senses no matter where we are - we just have to be creative! Take some time to write some ideas of how you may utilize your senses to help you cope. No matter where your wave of grief may hit, you can be ready with some great skills to help you through it.

SEE

At home:

Look at pictures that make me smile.

In public:

Find some nature that feels calming to look at.

SMELL

At home:

Cook or bake something that brings back good memories.

In public:

Keep essential oils with you to take out when you need a calming smell.

TOUCH

At home:

Take out something of theirs that feels good to hold.

In public:

Have a keepsake in your pocket or on you, that can be a reassuring touchstone.

HEAR

At home:

Play some music that feels right for your mood.

In public:

Take a moment to just be quiet and listen to all of the sounds happening around you.

TASTE

At home:

Treat yourself to something that feels very pleasant to taste so you can just be with that feeling.

In public:

Have a mint or gum to help give you a burst of flavor.