



# GRIEF TIMEOUT CHECKLIST



Emotions can run rather high or feel frazzled throughout our grief journey. We may be inclined to just push through - time and time again. Sometimes it works ... but sometimes it doesn't. The best thing we can do to care for ourselves in these times is to take a timeout.

We might think about a timeout as a punishment for a "naughty child" or if someone has done something wrong, but the real purpose behind a timeout is to remove the upset individual from the emotionally charged situation to help them calm down and re-regulate themselves and their emotions.

Here are some ideas to help figure out what kind of timeouts we might want to take as adults:

- Get outside for some fresh air.
- Take some time to sit down and allow your body to slow down.
- Make a cup of coffee, tea, or water.
- Allow yourself a good cry.
- Ask for a hug.
- Talk to someone you trust.
- Find a creative outlet.
- Work on taking some cleansing breaths.
- Take a nap.
- Excuse yourself from a social situation.
- Give some attention to a pet.
- Journal about what is happening in your mind and body.
- Play a guided meditation.
- Try some light stretching..
- Play some soothing music.
- Sit in comfortable silence.
- Find a healthy snack.
- Massage your temples and face to release stress.

Please remember that feelings are not "good" or "bad", but they can be hard, so it's important to take care of ourselves through these waves of emotion and grief. The more we care for ourselves, the more natural these timeouts become - like a habit. They are not here to "fix" our feelings, but to help us cope with them as we ride out the waves.

