

# GRIEF AND LOSS: SELF-CARE

## FOR ATHLETES, COACHES & ADMINISTRATORS

### **ACCEPT YOUR EMOTIONS**

You might expect to feel grief and despair, but other common feelings include shock, denial, guilt, shame, anger, confusion, anxiety, or loneliness. These feelings are normal, and can vary throughout the healing process. Accept them without judgement and take the time to process what they mean to you.

### **CREATIVE EXPRESSION**

Tapping into creativity can be healing and gives you another outlet for expressions of grief, particularly when you can't find words to express your emotions. Some examples are listening to music, playing an instrument, singing, dancing, painting, drawing, cooking, etc.

### **BE PATIENT WITH YOURSELF AND OTHERS**

Don't worry about what you "should" feel or do. There's no standard timeline for grieving, and no single right way to cope. Focus on what you need, and accept that others' paths might be different from yours.

### **DO SOMETHING YOU ENJOY EVERY DAY**

Make time to do something you truly enjoy- even though you may not feel like it. Whether its calling a friend, going out to eat, taking a walk, or watching your favorite show, these activities can provide some needed emotional fuel to cope with the affects of trauma.

### **KEEP A NORMAL ROUTINE**

We all need time to process grief and it's ongoing. It is important to try and maintain as close to your normal routine as possible. Take some time to write out what each day routine looks like, keep sleep schedule as consistent as possible, and make routines simple.

### **TALK TO A PROFESSIONAL**

Psychologists and other mental health professionals can help you express and work with your feelings and find healthy coping tools. Don't hesitate to reach out and schedule an appointment.

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