

## Social Distancing & Grief

Does it feel like overnight the world as you knew it changed? If it does, you aren't alone. Trying to balance the recommended guidelines for social distancing while grieving can be daunting.

Taking good care of yourself becomes even more important during times of stress and grief. Self-care includes tending to your physical, emotional and social well-being. The basics of self-care haven't changed even with current events, but it can feel overwhelming to concentrate on yourself when you are grieving and facing uncontrollable circumstances. Below are some tips:

1. Grieving is a lot of work, and you may need more rest during this time.
2. Take care of your physical health by being active, when possible.
3. Eat well-balanced meals; fruits, vegetables, whole grains and lean meats.
4. Explore ways to express your emotions, such as writing, creativity and more.
5. Connect with others through check-ins, phone calls, texts and letter writing.

You can find more resources for grief and self-care on our website: [hrrv.org/blog-posts](http://hrrv.org/blog-posts).

**“The purpose of life is a life of purpose.”**

– Robert Byrne

## Mandala Maze

