

Grieving While You Work, Working While You Grieve

RESOURCES

Destinations

1. **Three Good Things** - https://duke.qualtrics.com/jfe/form/SV_egOg8BpLK9TvfOI (APP)
Three minute video <https://www.youtube.com/watch?v=OYMQYhey08w>
2. **Mandalas** - <https://www.art-is-fun.com/how-to-draw-a-mandala> (Draw)
<https://mondaymandala.com/m> (Color)
3. **Breath-Work** - [Visit Breathworks - Free Guided Meditation and Mindfulness Practices](#)
4. **Yoga** – Try a video [Yoga for Grief with Adriene](#) OR a sequence from *Yoga Journal* [7-Pose Home Practice designed to help a broken heart](#)
5. **Meditation** - Try the [Ultimate Online Guide to Mindfulness and Meditation Resources for Beginners](#) OR [Meditation Resources for Times of Social Distancing](#)
6. **Mindfulness** – Explore [Mindful Magazine's website](#) OR read an article from [Psychology Today](#).
7. **Journaling** – Visit PsychCentral - <https://psychcentral.com/blog/ready-set-journal-64-journaling-prompts-for-self-discovery>
8. **Creative Arts** – Go virtually to the theatre - [National Theater @ Home](#) OR [Theatre of War](#) for live and virtual performances of Greek & Shakespearean Tragedy

Activity Menu

Cook: Make it enjoyable, cook the things you like to eat, [find a new recipe](#), remember a loved one by baking their favorite cake, cook as an act of loving kindness for yourself and others.

Connect: Make a date with yourself, with family or friends, join a new group, send a message to a friend, pet an animal, walk a dog, select a card from [The Grief Deck](#).

Create: Draw a picture, doodle/sketch, take a photograph, make a photo album, decorate a room, sew, knit, and see the Wellness Society for a few nature themed coloring sheets:
<https://thewellnesssociety.org/free-tools/>

Cry: Allow your emotions to flow, watch romantic or sad movies, listen to music that moves you, read emotive poetry, take in a moment of genuine gratitude until tears well up, watch [Kayden play in the rain](#).

Dance: Turn up the music and let yourself go, walk to a rhythmic beat, dance in your kitchen, take a class, learn to waltz, allow the movement to speak, free inhibitions.

F.A.C.E.C.O.V.I.D - [FACE COVID – How To Respond Effectively To The Corona Crisis - YouTube](#)

Grieve: Select these short videos on clinician grief - [The Four Things That Matter Most](#); [Shedding your role Ritual](#); [Processing Grief as a Team](#) AND [The Adventure of Grief \(Dr. Geoff Warbutron\)](#).

Laugh: Read the Sunday comics, watch a comedy, google [Abbott & Costello “Who's On First”](#), start to laugh and soon your emotions will follow, try laughter yoga, smile-happiness follows.

Music: Listen to music you like, find some new music to listen to, try [Be Alright](#) or [On Our Way](#), turn on the radio, tap out a rhythm or play air drums, lull yourself to sleep, invigorate your day,

Plan: Create a schedule, fill out a calendar, simplify your schedule, set a goal ([see 2022 trends](#)), create a budget, make a 5-year plan, make a “to do list”, make a bucket list, [sign up for a happiness calendar](#).

Read: Discover new worlds, meet dynamic characters, be inspired, learn something new, have fun, relax, unwind, it does not matter what you read, as long as you are immersed, for inspiration see [Quarantine Reading List](#)

Run: Lace up your shoes, head outside, use the track at your gym, or tread mill, play basketball, or simulate playing tennis with intermittent sprints followed by period of stillness, run with music or a friend.

Sleep: Take a nap, sleep in once a week, change your sheets, create a sleep ritual, read, pray, journal or listen to soothing music, keep bedtimes consistent.

Sing: Bring out your inner Madonna or Jonas brother, turn the radio up and sing along, join a choir or singing group, try karaoke, sing a lullaby, try to rap your thoughts, can you resist *Sweet Caroline*?

Support: [Learn about Resilience Based Clinical Supervision](#)

Try an APP: Try one of the five mobile wellness apps (Breath2Relax, Headspace, MoodGYM, Stress Gym, COVID Coach) - [COVID Coach is Free!](#)

Unplug: Deliberately unplug at least once every day, turn off your phone, shut down your computer when you get home or at a certain time each day, choose NOT to respond to emails after work, or Facebook posts / texts when you are with your family/friends.

Watch: Movies can be good for your health, see the [Mental Health Foundation](#) for a list of impactful films, watch a football game, a live basketball game, ballet, or even go to the theatre.

Walk: Take a walk break, count your steps, walk with your partner, and hike for happy hour, walk around you home or office to spur creativity, try a labyrinth, [go for a Breathwalk](#).

Write: Write a letter with compliments, write an angry letter, write a grateful letter, write a ‘thank you’ card, write in a journal/diary, write your CV, start writing a book.

