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Practical Steps Toward Healthy Healing

There is no sugar-coating the fact that death is a tragic event. A range of emotions can flood in, and if you don't have people around you sharing in your grief, you can feel isolated and lonely.

Nonetheless, there is a way to get through the sadness and find joy again. It begins with allowing yourself to process your pain and creating healthy habits that foster healing. Here are a few healthy healing tips from [We Grieve](#) for those who have lost someone to suicide:

Embrace Your Emotions

First, you must process your emotions if you want to progress through your grief. Grief has several stages, and each individual goes through each step differently. Along with great sadness, you may experience fear, shock, guilt, anger, and many other emotions. Surround yourself with people you trust, express your thoughts and feelings, and allow them to help you walk through it all.

Forget What You "Should" Feel

Since everyone processes grief their way, there is no standard timeline for how quickly or slowly you progress through each stage. Don't [compare](#) how you feel to how others describe themselves as feeling. Focus on your needs and embrace that your path might be different from other people's paths.

Think About Your Future

As you begin to progress through your grief, start thinking about what you would like your future to look like. If you have lost a loved one that played a critical role in your routine, you might be considering a significant life change. For example, would you eventually like to move to a new home or city? Is it time to evaluate your career and take it in a different direction?

If you want to change your career, one option is to start a business. While there are challenges to launching a company, breaking down the process into small steps can relieve stress while keeping your mind occupied while you grieve.

If you choose to go this route, consider establishing an LLC so that you can receive pass-through taxation, liability protection, and other perks. Keep in mind that each state has rules for [creating an LLC](#), and you will want to understand those rules before starting the process.

Try to Sleep

Grief can make it challenging to get the rest your mind and body need. But unless you get adequate sleep, it will make virtually [every aspect](#) of your life more difficult, including your grieving process. Think of ways to change your bedtime routine to prepare your mind and body for sleep.

Some people find that meditation does the trick, while others take long baths or listen to soothing music. If you cannot find activities that work, talk with a healthcare professional about [melatonin](#) or other supplements.

Opt for Healthy Foods

As you are grieving, you may not want to eat anything other than "comfort food." Indeed, meals high in calories and carbohydrates can soothe the soul for a short time. But you also must consider your overall health. Opting for [healthier alternatives](#) like lean proteins, fruits, vegetables, fatty fish, and whole grains can go a long way in providing your body with the energy necessary to withstand your everyday challenges.

Move Your Body

Exercise is also critical when it comes to healing through the grieving process. Fortunately, there are countless ways to get physical activity in your routine, which means there is probably something out there you can commit to a few days a week.

Maybe you go for a walk in your neighborhood or run with a local running group every other day. Perhaps you would enjoy practicing yoga or [pilates](#). Or, maybe you would like to do shorter, more intense fitness routines like [HIIT workouts](#). Find something that you can do regularly, and your whole being will benefit.

It is devastating when you lose someone close to you, no matter how it happens. But you don't have to let the sadness, anger, confusion, and other emotions consume you indefinitely. Consider the practical tips above for helping yourself process grief and heal healthily. And remember that even if it doesn't feel like it right now, joy will come again.

Would you like to read more content or learn about our grief resources, helpful workshops, and more? Visit [WeGrieve.net](#) today!

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