

## The Importance of Self-Care When Helping Your Child or Youth Grieve

*At the Children and Youth Grief Network, we believe that self-care is not selfish, it is a necessary and important part of your family's and your own well-being. You are better equipped to take care of your children when you are taking care of yourself.*

- ✓ Self-care is often compared to the concept of airplane safety. Parents and other caregivers MUST put on their own oxygen mask before they are able to help their child/youth. We all want to make sure our children/youth are taken care of, but ensuring that we are also taken care of is the only way we can do that
- ✓ Lower your expectations of yourself. Grief can cause you to slow your life down for a bit, take time out to tend to your grief. Carve out some time each day to acknowledge and express your grief.
- ✓ Allow yourself to feel your own emotions and be honest with your family about your sadness/anger etc.
- ✓ Find outlets to express your feelings and emotions by journaling, artistic or physical expression.
- ✓ Grief IS physical, so listen to your body. Rest when you need to rest, cry when you need to cry. Allow yourself to feel your own emotions.
- ✓ Take care of your physical self by maintaining a healthy diet, being physically active and taking time to relax and de-stress. Practice self-care such as yoga, gym, reading etc.
- ✓ Listen to music, read, take courses, volunteer, do things that stimulate your mind.
- ✓ Seek out supports for your faith or spirituality.
- ✓ Draw on your support system for support and allow yourself to say “yes” to offers of help. Don't be afraid to ask others for what you need.
- ✓ If you do not have an existing support system, reach out for grief support, peer support or individual support. The Children and Youth Grief Network can help put you in touch with resources in your area.



**\* Please see other Tip Sheets on *Recognizing a Grieving Child or Youth, Parenting When Your Child or Youth is Grieving* and *Communicating with Your Child or Youth About Grief*.**

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The Children and Youth Grief Network is a collaboration of 11 agencies and organizations across Peel, Halton & The GTA. Visit our website to learn more about our partners and how we can help: [www.childrenandyouthgriefnetwork.com](http://www.childrenandyouthgriefnetwork.com) Or connect with us on social media: [https://twitter.com/c\\_grief](https://twitter.com/c_grief)  
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## Our Network & Contact Information

*\*When this tip sheet was posted, all the information and links below were accurate.*



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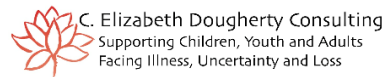
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[www.bereavedfamilies.ca](http://www.bereavedfamilies.ca)



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