



TIPS FOR LOOKING AFTER YOUR WELLBEING DURING GRIEF

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Hello and welcome
to this short guide aimed at giving you a few tips on
taking care of yourself during the grieving process

LOOKING AFTER YOUR WELLBEING DURING GRIEF

I'm Vanessa May,
a holistic grief coach,
nutritional therapist and wellbeing coach.

I've also written two books called 'Love
Untethered' and 'When Grief Takes Everything'
about my own experience of traumatic losses.

Through 1:1 sessions, I provide compassionate
bereavement support, as well as practical advice
and coping strategies for emotional and physical
wellbeing during the grieving process.



Grief can be brutal.
Be gentle with
yourself,
you're doing
the best
you can





Grief can affect our entire being -
our mind, body and spirit.

It can throw us into a world we've not
experienced before and that can feel
extremely disconcerting.

Depending on the loss, grief can change
us forever and we may have to find a way
to live alongside our grief long term.

Nurturing our health and wellbeing are
important at the best of times - but
essential when we're grieving.

Be kind to yourself

When you're grieving,
it's important to do
whatever feels good
for your soul



Writing down how you're feeling in a daily journal, or writing a letter to the person you have lost, can help to make sense of what's happened



Healing Journal

DAY/DATE

WHAT I DID WELL TODAY, EVEN THOUGH IT WAS HARD

HOW I LOOKED AFTER MY WELLBEING TODAY

THREE THINGS I'M GRATEFUL FOR, DESPITE MY LOSS



Focus on simple ways
to nurture yourself

rest - sunshine - nature
eating good food - walking
meditation - friends

Take one day at a time...



do nothing ?



Misconceptions about grief

If someone appears to be functioning,
they must be over their loss

Grief is the same for every loss

Time heals all wounds

We live in a society that is often grief
averse and the perpetuation of
these myths (and many more)
can sometimes lead us to
feel very isolated

Grief can be complex

Grief can impact so many aspects of our emotional and physical wellbeing.

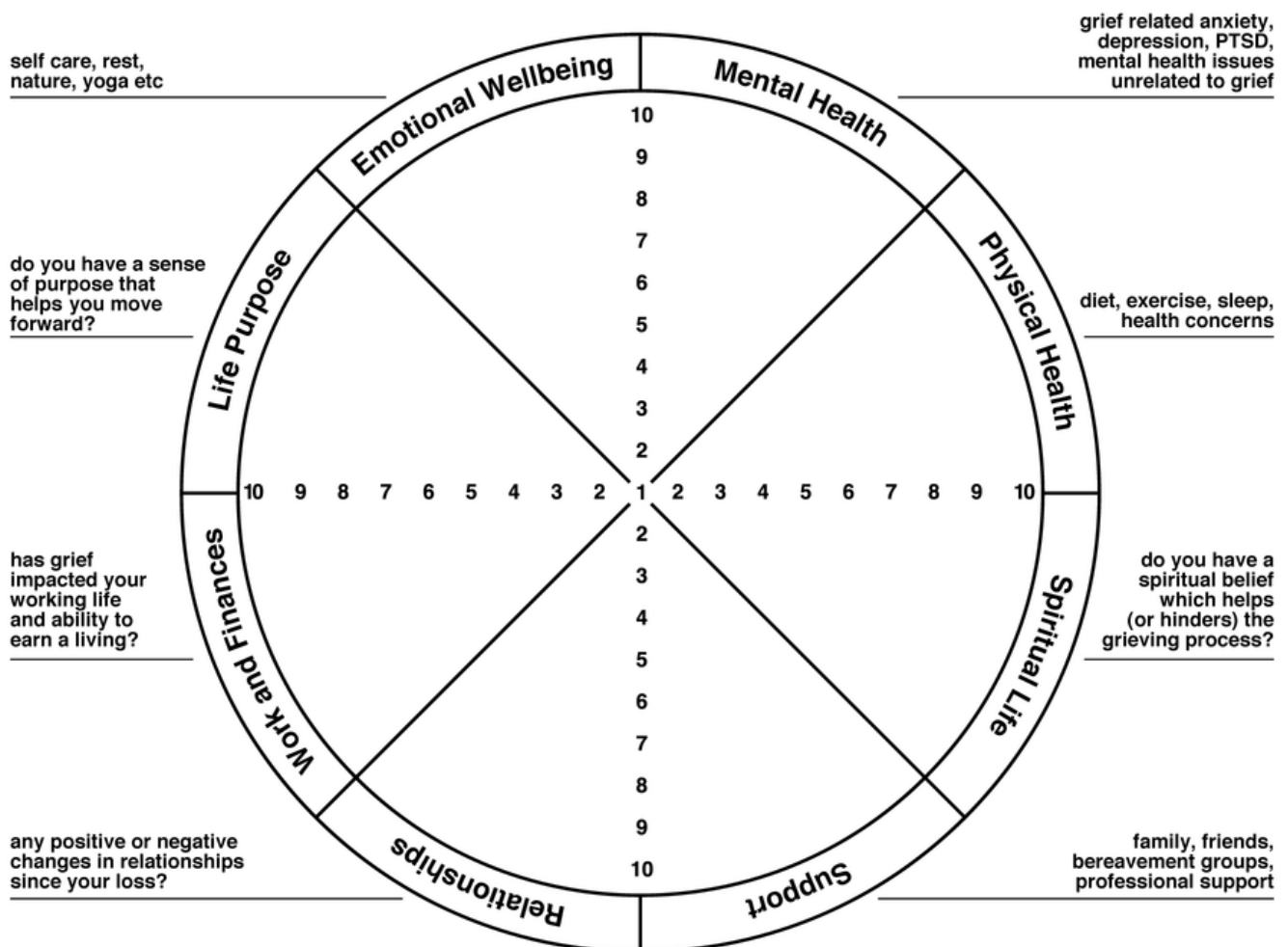
Sometimes the best thing to do is just sit with it, riding out the grief waves, and at other times it can help to be pro-active and find small ways to ease some of the suffering. It can be a fine balance between the two.

Many people don't understand that grief can affect our self esteem, our confidence and our feeling of safety. Grief can be complex, depending often on your relationship with the person who has died, how old they were and the nature of their passing.

The holistic grief wheel

You can use this wheel to look at what aspects of your health and wellbeing might currently need some extra care and attention.

(score 10 for the best it can be, 1 for the worst it can be)



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Some of the physical symptoms you may experience

Insomnia
Anxiety
Loss of appetite
Shaking
Racing heart
Brain fog
Disorientation
Disassociation
Digestive upsets
Adrenaline surges
Feeling unable to breathe
Panic attacks
Depression
Fatigue

How I can support you

- As a holistic grief coach and certified grief educator, I can support you with the emotional aspects of your loss, listening to you with compassion and offering tools and strategies to ease some of your pain
- As a nutritional therapist, I can help you with the unpleasant physical symptoms that are sometimes part of grief
- And as someone who has 'lived experience' of grief and trauma, I can offer understanding in a way that others may not be able to

The reality of grief

You don't need to 'recover' from grief, it's not an illness. In fact, depending on your loss, you may well grieve forever – and that's okay.

But the pain can eventually soften and it's possible to build a life around the devastation of loss, finding meaning and purpose again.

If you've lost someone important, know that it's possible to move forward - at your own pace - which is very different from 'moving on' or 'getting over' or 'finding closure'.

You can read about my own experience of grief and find more detailed advice on surviving loss, in my books:

['Love Untethered'](#)

['When Grief Takes Everything'](#)

Find out more about holistic grief coaching...

I can listen to you talk about your loved one
and the impact their loss has had on you.

I can then help you to explore ways to
honour them, to continue your bond with
them and to begin to build a life around
your loss.

I can also advise on how to look after your
health and wellbeing

Book a chat with me and find out
how I can help you

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Books
by
Vanessa May

LOVE UNTETHERED:
HOW TO LIVE WHEN YOUR
CHILD DIES

WHEN GRIEF TAKES EVERYTHING:
A SURVIVAL GUIDE TO
DEVASTATING LOSS

