



Healing & Support

Caring for Yourself While Caring for Everyone Else.

You can't pour from an empty cup. Taking care of yourself isn't selfish — it's necessary. When you are well, you are better able to care for the people you love.

UNDERSTANDING GRIEF

Grief is a natural response to loss. It can show up in many ways — emotionally, physically, mentally and spiritually. There is no "right" way to grieve, and healing looks different for everyone.

Common Signs of Grief

- ♥ Sadness, emptiness or feeling numb
- ♥ Changes in sleep or appetite
- ♥ Difficulty concentrating
- ♥ Irritability or mood changes
- ♥ Feeling disconnected from others
- ♥ Waves of emotion that come and go

CAREGIVER STRAIN

Caring for a loved one — whether a child, family member or friend — can be rewarding, but it can also be physically, emotionally and mentally exhausting.

Signs of Caregiver Strain

- ♥ Feeling overwhelmed or constantly tired
- ♥ Changes in sleep or appetite
- ♥ Feeling anxious, sad or irritable
- ♥ Trouble finding time for yourself
- ♥ Feeling guilty when you take a break
- ♥ Loss of interest in activities you enjoy

EMOTIONAL WELLNESS

Your mental and emotional health matters just as much as your physical health. Taking small, intentional steps can help you manage stress, process your emotions and find balance.

Ways to Support Your Emotional Wellness

- ♥ Give yourself permission to feel.
- ♥ Practice self-compassion.
- ♥ Take time for activities that bring you joy.
- ♥ Set healthy boundaries.
- ♥ Connect with supportive people.
- ♥ Consider speaking with a counselor or therapist.

PRACTICAL WAYS TO CARE FOR YOURSELF



Take small breaks daily.



Move your body in a way that feels good.



Nourish your body with healthy foods.



Get enough rest.



Make time for prayer, meditation or quiet moments.



Stay connected with friends, family or a support group.

IT'S OKAY TO ASK FOR HELP

You don't have to do it all alone. Reaching out for support is a sign of strength, not weakness. Whether it's family, friends, a faith community or a professional, there are people who want to support you.

Support Looks Different for Everyone.

REMEMBER

- ♥ Your feelings are valid.
- ♥ Taking care of yourself helps you show up for the people you love.
- ♥ It's okay to rest.
- ♥ You are doing your best, and that is enough.
- ♥ You are not alone.



Stronger People. Brighter Tomorrows.

Your Health Matters.
Your Life Matters.

BUILDING YOUR SUPPORT SYSTEM

A strong support system can help you navigate the challenges of grief, caregiving and everyday stress.



Family and friends

Provide emotional support, help with daily tasks and listen without judgment.



Support groups

Connect with others who understand what you're going through.



Faith community

Offers spiritual guidance, comfort and a sense of belonging.



Healthcare professionals

Can provide medical care, mental health support and helpful resources.



Community resources

May offer respite care, counseling, financial assistance and more.

WHEN TO SEEK PROFESSIONAL SUPPORT

Consider reaching out to a healthcare professional, counselor or therapist if you:

- ☐ Feel sad, anxious or hopeless most days for more than two weeks.
- ☐ Have trouble caring for yourself or completing daily tasks.
- ☐ Feel overwhelmed and unable to cope.
- ☐ Experience changes in sleep, appetite or mood that don't improve.
- ☐ Have thoughts of harming yourself.
- ☐ Need support processing grief or caregiver stress.

RESOURCES FOR ADDITIONAL SUPPORT

If you or someone you know needs support, the following resources can help:



National Suicide & Crisis Lifeline

Call or text 988 | 24/7 confidential support for emotional distress



GriefShare

Support groups for people grieving the loss of a loved one.
www.griefshare.org



Caregiver Action Network

Education, resources and support for caregivers.
www.caregiveraction.org



Mental Health America

Information, tools and resources for mental wellness.
www.mhanational.org



Family Caregiver Alliance

Support, education and caregiver resources.
www.caregiver.org



Local Faith Communities

Many churches and places of worship offer grief support groups and counseling referrals.

CARING FOR YOUR MIND, BODY & SPIRIT

A whole-health approach can help you feel stronger and more resilient.



MIND

Practice gratitude, manage stress, seek counseling when needed.



BODY

Eat well, stay active, get rest and keep up with your healthcare visits.



SPIRIT

Lean on your faith, spend time in prayer or reflection and surround yourself with positivity.

*"You matter too."
Caring for yourself is part
of caring for everyone else."*

A DAILY SELF-CARE CHECKLIST

Choose a few each day to support your well-being.

- ☐ Get at least 6–8 hours of sleep.
- ☐ Eat a balanced meal.
- ☐ Drink water.
- ☐ Take a short walk or stretch.
- ☐ Spend time in prayer or quiet time.
- ☐ Do something that brings you joy.
- ☐ Connect with a supportive person.
- ☐ Set a boundary when needed.
- ☐ Be kind to yourself.
- ☐ Remember: you are doing the best you can.



Together, We Can Create Stronger Communities.

Your Health Matters.
Your Life Matters.

For educational purposes only. This information does not replace individualized medical advice.

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