

SELFCARE AFTER A SUICIDE

Be aware of the changes in yourself and be gentle with yourself

Dont expect too much from yourself until you know your ready to take on more.

Know & accept when enough is enough today while your grieving for the rest of your life.

Take the time to notice whats going on around you, nature, people, your well being and dont move too quickly...take your time as multi tasking is more difficult the before the suicide.

Treat yourself often, more often then you ever did before, because you deserve it just because you do.

Be aware you might want to write little sticky notes and stick them everywhere because you forget so easily and loose focus and the notes will keep you back on track so you arent frustrated.

Forgive yourself always

Assume its because your grieving and let it go

Soak in the bath - tub often

Listen to quiet easy listening music to keep yourself calm OR if you have a preference listen to what feels good to you

Cry when ever you need to

Cry when you have no control and then go on at what you were doing.

Be not prepared for anything and let happen what happens and allow it to just be....try not to react Just let it be.

Hug often

Read what ever you mind heart soul desires even if you dont finish it

Walk often

Write whatever your mind has on it so that you wont worry about loosing or forgetting it, you.

An go back and read it at any time

Research everything you wonder about

Know its ok to feel sad because you are

Know its ok to feel happy or joy when and if you do.

Know its ok that your emotions are like a roller coaster and bath or listen to music sometimes you can distract grief once or twice

Buy real flowers whenever u can and put them in full view

Smell the flowers often, like life they wont be around forever

Talk about your loved one as often as you want



If your talking to someone, just tell them you need to talk and they dont need to say anything
Sometimes you have to force yourself to do thing, go places, do it

Eat healthy drink healthy see a dietician if you need to know how and what to eat.

Just do whatever you hadnt done before the suicide because you just might need the help the support to stay healthy. Its ok

Know its just ok , no matter what

You dont have to be alone in your grief, never stop looking for support because when you find it, then you can finally grieve with support and not alone.

Have a Reiki treatment

Get a head massage

Get your nails done

Go to the hairdresser

A spa for a day or half a day

Have a facial

Book a massage

Have a pedicure

I did canning one year for the fair - 1st time ever - i did what i felt like at that time - i won many many prizes.....it was all for fun

The above suggestions of selfcare help you to be gentle on yourself and love yourself first, then others will see how you are worth loving as well.

After some time passes you may find these selfcare tips are part of your new life routine.

Always treat yourself well no matter the circumstances of the suicide because this is your new life now and its about survival at your best. You make it what it will be.

Remember you are not alone,

Penny Knapp

Survivor of Suicide loss

www.rememberingnicholas.ca

