

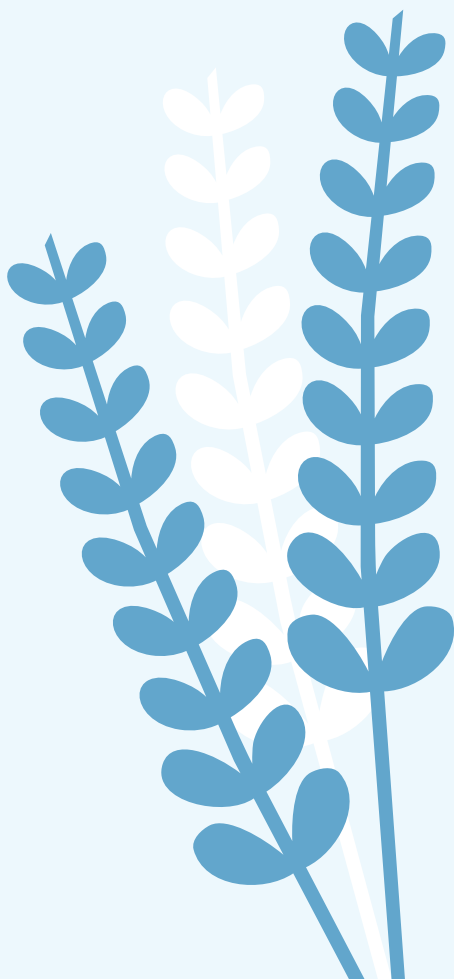
HIGHMARK.

CARING PLACE 

finding hope in grief

Caring for
yourself in grief

Living with loss



Finding strength

Grief can feel too big to handle. That's why it's so important to take it one moment at a time.

With support, you can face grief. That means connecting to feelings and finding helpers. At your pace.

Self-care is as unique as your grief. Try to check in with each emotion as it arrives. What is it asking for? The answer can change often.

Daily routines help grieving people get through the day and learn to rebuild their lives.



Your path forward

Grief brings a flood of emotions and changes, demanding much of you when you have little to give. It's hard to know where to start. Ultimately, you must discover what helps you. What to do, what not to do, who to be with, and who to avoid.

Self-care means acknowledging that there's no right or wrong way to grieve. You may find it helpful to:

Acknowledge feelings. Allow yourself to feel your emotions without judgment.

Go at your own pace. Grief is an ongoing journey. Give yourself the grace to grieve on your own time and in your own way.

Set boundaries. Allow yourself to say "no" to requests that are too demanding.

Delegate tasks. Ask for help with chores, errands, or other responsibilities.

Take breaks. Schedule regular breaks throughout the day to rest and recharge.

Create a routine. Establishing a daily routine can provide structure and stability.

Letting it out

Writing it out

Consider setting aside time to journal about your thoughts, feelings, memories, or whatever comes to mind. Putting your thoughts on paper can bring clarity, comfort, and a sense of release.

Talking it out

Spend time with friends and loved ones, in person when possible. Whether sharing your feelings, reminiscing about memories, or talking about your day, connection is key.

Hanging out

Seek out comforting activities that promote your well-being. These could include watching a movie, reading a book, engaging in gentle exercise, connecting with loved ones, or anything that brings a sense of peace and relaxation.

Breathing it out

Pausing to focus on your breath can help when you're feeling overwhelmed. Here's a simple breathing exercise:

- Pause.
- Feel the ground beneath your feet.
- Take a deep breath in through your nose. Hold it for three seconds.
- Slowly breathe out through your mouth. Like you're blowing bubbles.
- Notice your feelings as they ride the bubbles out and into the air.
- Allow yourself to feel however you feel with no judgment. Be kind and compassionate with yourself.



You can find
more mindfulness
resources here.



Reflections

Here are some quotes from our community.

On grieving your own way

"You can support me, but you can't give the answer."

On acting like you're okay

"I felt like I had to put on a mask of 'doing OK,' 'feeling fine.' But it took a lot of energy always play-acting like that. I realized that I just need to let me be myself, to give myself time to heal."

On finding your support group

"No one can give us back what we lost, but together, we can get to tomorrow."



On our bookshelves

Books can offer comfort, insight, and connection during grief.

Explore our recommended reading list for adults and children to better understand your loss, learn how others have coped, and find stories of hope and healing. Visit our website for the most up-to-date recommendations.



Scan this QR code to link to our reading list.

In our playlists

We put together some Spotify playlists as a source of comfort and inspiration.



You can hear them by scanning this QR code.



Helping grieving children and families heal over a lifetime

Our mission is to create a world of compassionate communities where all people can find hope and healing after the death of a loved one. We provide grief support for families and individuals of all ages through peer groups, education, and advocacy.

Where to find us

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