

BODY | Living

SLEEP. Regular rest is very important. If you have trouble sleeping, try drinking a glass of milk or listening to soothing music.

EAT WELL. Eat meals intentionally. Do not rely on snacks or eating in front of the TV. Gradually, your appetite will return.

DRINK WELL. Drink plenty of water and herbal teas. Try to avoid caffeinated drinks and alcohol.

EXERCISE. Physical activity helps you release some of your tension and feel stronger.

BREATHE. Take “time-outs.” Breathe deeply and fully two to three times in the midst of your activities.

SEE YOUR PHYSICIAN. If you are not feeling well, go to the doctor. Grief takes a toll on your body and can make you more susceptible to illness.