Living with Grief
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Take things one day, one moment at a time.

Find or do some sort of centering practice
Centering prayer, meditation, quiet sitting, contemplative silence, breathing exercises—our religious and spiritual traditions are rich with these practices. They allow us to get in touch with our emotions, which is crucial in order to move forward in grieving. Centering ourselves first then allows us to go forward with expressing our wishes and needs, such as seeking professional help or reaching out to friends and family.

Wear an outward sign of your grief
Wear a black armband, or wear all black. Take a mourning bracelet today. These small ways of wearing an outward sign of your grief not only honors your loved one and the loss you have suffered, but they also help to normalize the state of mourning for everyone around you.

Write something
Whether it’s journal entries or letters to the ones you’ve lost, writing can help. Journaling can help us remember that we are getting through even if it doesn’t feel like it sometimes; recording even the small things, like “I showered today” or “I enjoyed a good meal,” reminds us that joy and flourishing are still possible. At the same time, writing letters to our lost loved ones allows us to continue to have conversations with those who have died—why wouldn’t our love and our relationship continue after death?

Ask for support directly and concretely
Often, people only know to offer vague platitudes of support and don’t know how to be helpful even if they mean well. Be intentional and direct about asking for help when you recognize there are things you need to get through: like asking a friend to call to make sure you’re getting up and going about your day, or simply asking for space when you need to be left alone.

Try some different physical activities
Trauma research has shown that triggers for grief are often non-discursive, and sometimes accessible through physical activities. This can be simple as trying out some new physical activities, like stretching, workouts, or yoga, and getting a massage, or it can be seeking out specialized practitioners who do trauma-focused body work.

Keep your routines
In times of emotional stress, it is especially important to make sure you are eating well and resting appropriately. Avoid things that numb the pain artificially, like drugs and alcohol. Take time off when you need, and keep doing the things that fill you with joy.