

New Orleans Grief Center

Grieving Through the Holidays



Tips for Getting Through

T Temperature Change

- go outside if in/ inside if out
- splash face with cold water
- hold ice cubes in hands
- cold compress on temples

I Intense Exercise

- take a walk/run
- jumping jacks in place
- dance to music
- lift weights

P Paced Breathing

- 4 Square breathing
 - inhale, hold, exhale, hold to the count of 4
- breathe in for 5 counts, out for 7
- deep breath in/out for 10 counts
- hand on belly, inhale to feel rise
- Give yourself permission to do things differently
- Bring a favorite tradition with you (favorite food, decoration) that reminds you of your loved one
- Practice Self-Care

@NOLAGRIEF CENTER ON INSTAGRAM

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