

## **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.