

THEO'S SURVIVAL KIT FOR THE

First Days of Grief

G

GET SUPPORT! Now is not the time to do everything on your own. Ask a friend, relative, local church or community organization to help you with ANYTHING that you need during this time. Remember that you are still here. You are valuable. You can ask for help.

R

REACH out to family, friends, loved ones, and let them know what has happened. I found that the more I reached, the more support I received. People do not know unless you tell them. It was important for me to control the narrative of what had happened. The best way to do this is to be the narrator.

I

I, YOU! Remember YOU. Self-care is crucial. Breathe and breathe deeply. Remember to drink plenty of water. You will find out just how thirsty you can be during a traumatic event. I couldn't get enough water! Stress causes dehydration and dehydration causes stress. Do not concern yourself with everything that needs to be done. Remember, that is why you GET support!

E

ELIMINATE! Yes, get rid of the person, place, or thing that can cause you stress. If there is anything that you know can cause you more damage, ELIMINATE it! I had a relationship that I knew could cause me more heartache during this time. I called a friend (GET support) and she handled the situation immediately. Don't be shy about protecting yourself.

F

FOOD! Don't forget to eat! I did. I didn't eat for about 3 straight days. I would drink, but food was not on my radar. It is so important to remember to eat. It doesn't have to be much: a boiled egg, a breakfast bar, crackers & cheese, a sandwich, or any food that gives you comfort. Food gives us the energy we need to get through this difficult time.

