



100

ideas for

Self-Care

when grief feels heavy

AFTER MATTERS

Self-Care^{why}

When I lost my Dad in 2024, it changed something inside me.
It was such a very deep loss.... as raw today as it was then.

And that grief has been unlike anything I've gone through before...
It is messy, unpredictable, exhausting in all the ways and uniquely personal.
It shows up in waves, in the quiet moments, and sometimes (often) when you least expect it.

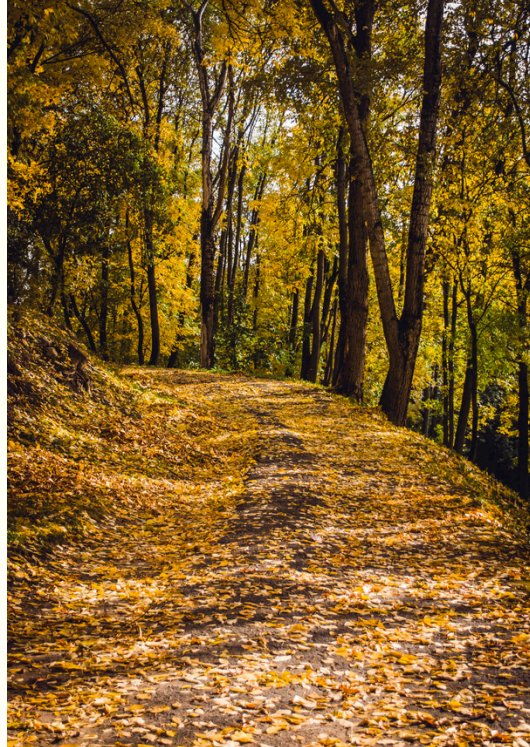
Here's something I learnt along the way....
Taking care of yourself during this time isn't just important-
it's essential.

This guide is here to hold your hand through the small, tender ways you can nurture your mind, body, and soul as you navigate loss. It's not about "fixing" grief or rushing your healing; it's about offering yourself moments of comfort, kindness, and TLC when you need it most.

Inside, you'll find 100 ideas- organized into Mind, Body & Soul- to help you create some pockets of peace, grounding, and joy in your day. Think of these as tiny acts of compassion for yourself, reminding you that even in the hardest times, you deserve care and tenderness.

Self-care through grief isn't a luxury...it's a lifeline.
Be easy on yourself, and just take it one small step at a time.





mind

- Journaling (gratitude, affirmations, or free writing)
- Digital detox for a day
- Reading a book that inspires you
- Learning something new (language, hobby, skill)
- Setting boundaries and saying no
- Creating a vision board
- Practicing positive affirmations
- Unfollowing negative social media accounts
- Writing a letter to your future self
- Doing a brain dump to clear mental clutter
- Listening to a motivational podcast
- Scheduling worry time (then letting it go)
- Watching a feel-good movie or series
- Practicing deep breathing exercises
- Decluttering your space for mental clarity
- Setting realistic goals & breaking them into steps
- Tracking your mood and emotions
- Coloring or doing an art activity
- Keeping a “wins” journal (write 3 daily accomplishments)
- Writing down 5 things you love about yourself
- Engaging in mindful self-reflection
- Playing a brain game or puzzle
- Taking a social media break
- Creating a calming nighttime routine
- Smiling at yourself in the mirror
- Practicing EFT tapping for stress relief
- Setting a screen-free hour before bed
- Doing a thought reframe (turn a negative into a positive)
- Organizing your schedule to avoid overwhelm
- Trying a new meditation technique
- Writing a list of things that bring you joy
- Creating a “calm corner” in your home
- Doing a random act of kindness

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body

- Drinking enough water
- Doing a short stretching routine
- Taking a long, warm bath or shower
- Eating a nourishing meal
- Going for a mindful walk outside
- Doing a workout that feels good (yoga, dancing, weights)
- Getting fresh air and sunlight
- Practicing good posture
- Going to bed early and getting 7-9 hours of sleep
- Taking a power nap
- Trying a new healthy recipe
- Getting a massage (or using a self-massage tool)
- Doing a DIY facial or skincare routine
- Dressing in something comfy that makes you feel good
- Deep conditioning your hair
- Practicing dry brushing for circulation
- Using a heating pad or cooling eye mask for relaxation
- Making a nourishing smoothie
- Sipping herbal tea for relaxation
- Taking vitamins or supplements
- Doing a digital detox walk (no phone)
- Listening to music that lifts your mood
- Trying aromatherapy (lavender for calm, citrus for energy)
- Making your bed in the morning
- Creating a cozy space with candles & soft lighting
- Practicing breathwork (box breathing, 4-7-8 method)
- Scheduling a wellness check-up
- Reducing caffeine intake for a day
- Wearing SPF and taking care of your skin
- Eating mindfully without distractions
- Doing a body scan meditation
- Washing your sheets & freshening up your space
- Preparing a relaxing nighttime drink (golden milk, chamomile tea).

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soul

- Practicing gratitude (write down 3 things you're grateful for)
- Watching the sunrise or sunset
- Spending time in nature
- Meditating for 5-10 minutes
- Writing love notes to yourself
- Doing a self-care ritual (candles, soft music, relaxation)
- Practicing self-compassion (speak kindly to yourself)
- Connecting with a loved one
- Writing a letter to your younger self
- Saying no to something that drains you
- Saying yes to something that excites you
- Trying a creative activity (painting, singing, dancing)
- Practicing forgiveness (for yourself or others)
- Looking through old happy memories (photos, journals)
- Sitting in silence and just being present
- Watching or listening to something uplifting
- Planting flowers or taking care of a houseplant
- Reading something that nourishes your soul
- Creating a playlist of feel-good songs
- Lighting a candle with intention
- Making a list of your values & what matters most to you
- Setting an affirmation for the day
- Reflecting on what makes you feel truly happy
- Writing down 10 things you love about life
- Doing something playful and fun (like you did as a kid)
- Creating a self-care altar or sacred space
- Practicing mindful eating and savoring each bite
- Hugging yourself or someone you love
- Writing a list of things you've overcome
- Doing a ritual that helps you release negativity
- Practicing slow living (enjoying the moment, no rush)
- Making a list of small joys you can incorporate daily
- Visualizing your dream life for 5 minutes
- Ending your day with a self-care check-in.

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Keep Nurturing Yourself



Remember: self-care through grief isn't about doing everything perfectly-
it's about showing up for yourself in small, meaningful ways.

Healing isn't linear, and there's no "right" way to do it;
it's something you learn to carry with you over time.

Each act of care, each moment of pause, creates a ripple effect...
the ripple starts with you.

Taking care of yourself is not only for you; your loved ones (both on Earth
and in spirit) want you to find moments of peace, and allow yourself to feel
joy again.

Lola xo

Lola | After Matters

P.S. If you'd like a little extra support,
I'd love to invite you to The Harbour.
It's a cosy, private space for sharing memories, noticing signs,
reflecting, and just feeling held while you navigate grief -
a kind place to land when your heart needs it.



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