



TIPS FOR  
LOOKING  
AFTER YOUR  
WELLBEING  
DURING  
GRIEF

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Hello and welcome  
to this short guide aimed at giving you a few tips on taking  
care of yourself during the grieving process

## LOOKING AFTER YOUR WELLBEING DURING GRIEF

I'm Vanessa May

I'm a holistic grief coach, nutritional therapist and wellbeing coach. I've also written a book called 'Love Untethered' about my own experience of traumatic loss. Through 1:1 sessions, I provide compassionate bereavement support, as well as practical advice and coping strategies for emotional and physical wellbeing during the grieving process.



How do  
we heal  
after  
loss ?





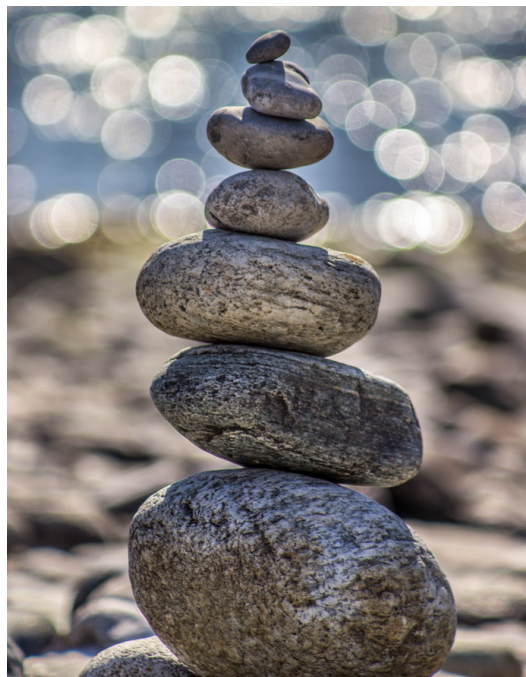
Grief can affect our entire being - our mind, body and spirit.

It can throw us into a world we've not experienced before and that can feel extremely disconcerting. Depending on the loss, grief can change us forever and we may have to find a way to live alongside our grief long term.

Nurturing our health and wellbeing through good food, gentle exercise, getting enough sleep, and maybe some professional support, are important at the best of times - but essential when we're grieving.

# Be kind to yourself

When you're grieving, it's  
important to do  
whatever feels good for  
your soul



Writing down how you're feeling in a daily journal, or writing a letter to the person you have lost, can help to make sense of what's happened



# Healing Journal

DAY/DATE

WHAT I DID WELL TODAY, EVEN THOUGH IT WAS HARD

HOW I LOOKED AFTER MY WELLBEING TODAY

THREE THINGS I'M GRATEFUL FOR, DESPITE MY LOSS

Focus on simple ways  
to nurture yourself

rest - sunshine - nature  
eating good food - walking  
meditation - friends

Take one day at a time...





# Misconceptions about grief



If someone appears to be functioning,  
they must be over their loss

There's a time limit to grief

Time heals all wounds

We live in a society that is often  
grief averse and the perpetuation  
of these myths can sometimes  
lead us to feel very isolated

# Be gentle with yourself

Grief can be brutal, assaulting our emotional and physical wellbeing.

Sometimes the best thing to do is just sit with it and at other times it can help to be pro-active and find small ways to ease some of the suffering. It can be a fine balance between the two.

Many people don't understand that grief can affect our self esteem, our confidence and our feeling of safety.

Grief can be complex, depending often on your relationship with the person who has died, how old they were and the nature of their death.

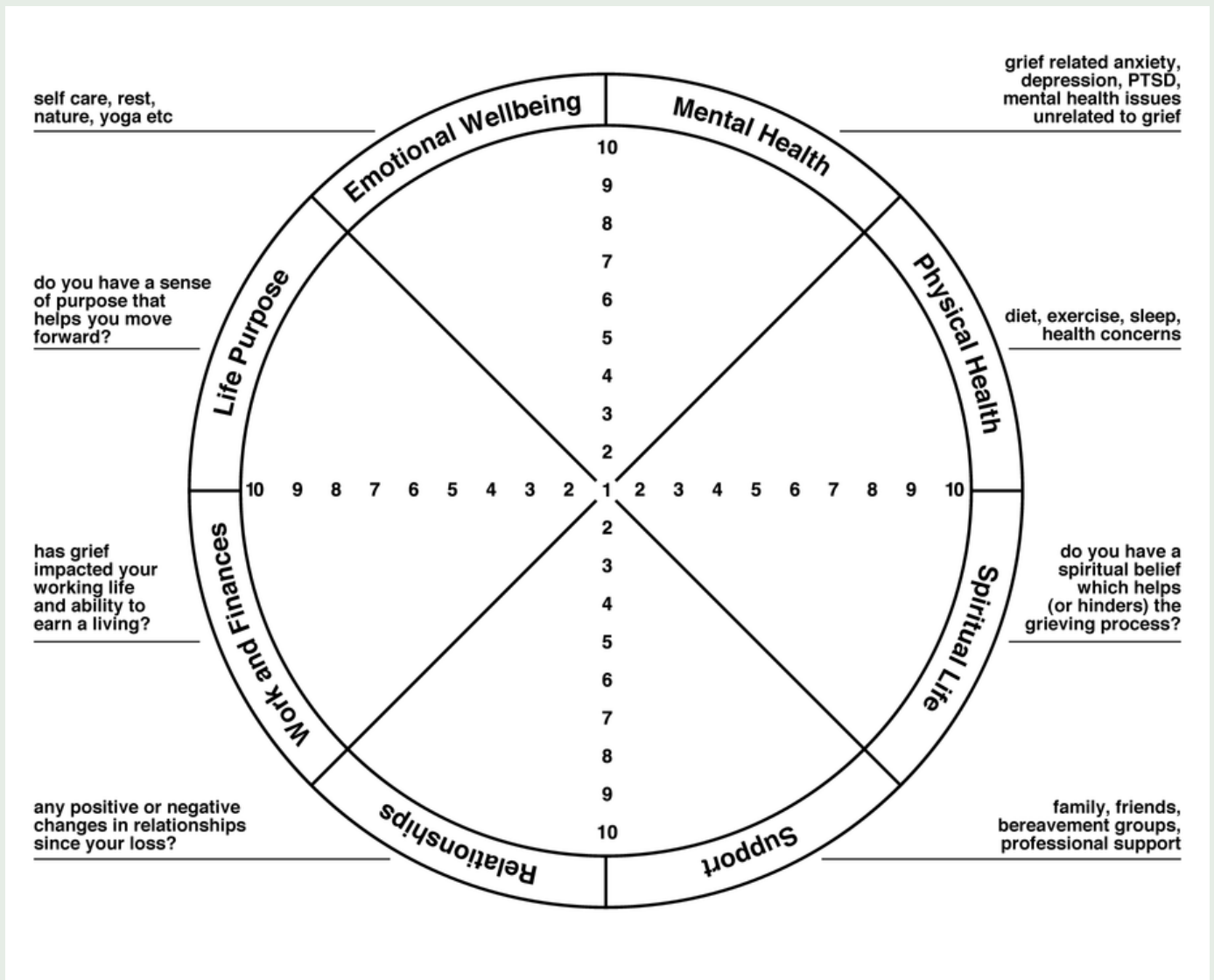
Grief can be very painful.

Be gentle with yourself,  
you're doing the best you can.

# The holistic grief wheel

You can use this wheel to look at what aspects of your health and wellbeing might currently need some extra care and attention.

(score 10 for the best it can be, 1 for the worst it can be)



# Some of the physical symptoms you may experience

Insomnia

Nausea

Loss of appetite

Shaking

Racing heart

Brain fog

Disorientation

Disassociation

Digestive upsets

Adrenaline surges

Feeling unable to breathe

Panic attacks

Fatigue

# How I can help you

- As a nutritional therapist, I can help you with the unpleasant physical symptoms that are sometimes part of grief
- As a holistic grief coach, I can help with the emotional aspect of your loss, listening to you and offering tools or strategies to help ease some of the pain
- And as someone who has 'lived experience' of grief and trauma, I can offer understanding in a way that others may not be able to

# The reality of grief

You don't need to 'recover' from grief, it's not an illness. In fact, depending on your loss, you may well grieve forever – and that's okay.

But the pain can eventually soften and it's possible to build a life around the devastation of loss, finding meaning and purpose again.

If you've lost someone important, know that it's possible to move forward - at your own pace - which is different from 'moving on' or 'getting over' or 'finding closure'.

You can read about my own experience of grief and find more detailed advice on surviving loss,

in my book

['Love Untethered'](#)



# Find out more about holistic grief coaching...

I can listen to you talk about your loved one and the impact their death has had on you.

I can help you to explore ways to honour them, to continue your bond with them and to begin to build a life around your loss.

I can also advise on how to look after your health and wellbeing.

Book your free discovery call  
[here](#)

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# LOVE UNTETHERED

by  
Vanessa May

Available from [Amazon](#)