



Supporting Your Nervous System

During Grief, Loss, and Trauma

Grief and trauma affect the nervous system as well as our emotions. These simple practices can help the body settle during difficult moments. Take what feels helpful and leave the rest.

Ground Your Body

- place both feet firmly on the floor
- gently press your feet into the ground
- notice the support of the chair beneath you
- place a hand on your heart or abdomen

Move a Little

- roll your shoulders
- stretch your arms or neck
- stand and gently sway
- take a short walk

Support Through Connection

- spend time with a trusted friend
- sit quietly with someone supportive
- spend time with a pet
- attend a grief support group

Orient to the Present

- slowly look around the room
- notice a few things you can see
- notice sounds around you
- feel your body supported

Engage the Senses

- hold a warm drink
- step outside into fresh air
- notice sunlight, breeze, or textures
- listen to calming music

Self-Soothing Touch

- place a hand on your heart
- gently rub your arms or hands
- wrap yourself in a blanket
- hold something comforting

A Gentle Reminder

Grief does not need to be fixed. Small moments of grounding, movement, and connection can help the nervous system experience moments of steadiness while carrying loss.