

Flourish!

Choose well – Think well – Live well

Caring When Life is Sad

Be sad with those who are sad. Rom 12:15

Here are some ideas to help you and your loved ones to care for each other when you are feeling sad, distressed, and overwhelmed. It's good to let each other know when you need some extra care and attention. Remember that everyone has their own way to be sad and their own ways that they like to be soothed and comforted.

At the end of each day, share your saddest or most challenging moments in the day, and comfort each other before you go to sleep. Then talk about the happiest moments in your day and name 10 things you are thankful for. List 3 things that went well and celebrate the good things that happened, however small.

- **Talk about your feelings: "I am feeling this and this... because...and it would really help me if you would do this for me...Thank you. How are you feeling today? And what can I do to help you, too?"**

Even when you're sad, it's healthy and good to laugh, too. Watch a funny movie or YouTube clip together, or search for images of funny cartoons and jokes on the internet.

Go for a walk together, breathe in the fresh air and look for the beautiful things in nature that you don't usually notice.

Some families find it helpful to have a special time every day or week when they can remember the person that they have lost, be sad together and comfort each other.

Imagine that the person you have lost can see how sad you are. What might they say or do to comfort and reassure you, if they knew how you were feeling right now?

Fill a basket with some soothing activities – a funny story, a small craft project, a puzzle or joke book, some hand cream, bubbles to blow (the deep and slow breathing can help to calm you down), lavender or citrus oils to smell, and sachets of your favourite hot drink.

Play a game together, make a new recipe, do a jigsaw, go to café, walk in a beautiful place, listen to your favourite music, or work on a hobby together. Choose activities that distract you and give your mind a rest from being sad and stressed for a while.

- If you are all alone and feeling sad, imagine that God, or a person who loves you very much, is hugging you close to their heart, and soothing you. Imagine them saying the kindest and most comforting and loving things to you. Take some deep breaths and relax into the imaginary hug. Or give yourself a warm and comforting hug with your own arms.