

It is important to have a regular routine to give structure to your day and to keep your body as healthy as possible. A time to get up, dress, attend to whatever the day requires of you, time for yourself, and a time to go to bed. Even if you do not feel like eating have set meal times and include bread, cereals (wholegrain), fresh fruits and vegetables, meat, fish, soups, dairy products, water. Rather than three large meals you may prefer to eat frequent small amounts of nutritious, easily digested food. To help you sleep at night, avoid too much coffee and tea. Be careful not to seek solace in food or alcohol and overindulge.

Some loss of appetite and sleeplessness is normal but if it persists or if you are having disturbing dreams and memories, see your doctor. Prescription medication may have a role to play for some people short term. However, using drugs such as sleeping medication long term may only prolong and complicate your grief. Chest pain, palpitations and breathlessness, need to be checked by your doctor immediately. Your doctor may suggest an appropriate grief counsellor to assist you as well. Regular exercise, relaxation activities and getting out into nature can help your physical and emotional wellbeing.