



[Image via Pexels](#)

## **How to Set Goals and Find Comfort While Processing Your Grief**

Grief is a natural and necessary response to loss, but it often feels overwhelming and all-consuming. In time, as the shock and numbness begin to subside, you might feel ready to take small steps toward healing. Creating healthy goals that will bring comfort in such a hard time is one way to move forward. The key is to be patient, gentle, and compassionate with yourself.

Today, [Brooklyn Birthing Center](#) shares some tips on establishing healthy goals while grieving so that you can find comfort and healthful healing.

### **Move Your Body**

Moving your body can help relieve stress and increase endorphins that boost your mood. Exercise also boosts brain function, lowers risks of depression and anxiety, and enhances sleep and appetite. Physical activity can be a powerful tool in managing and overcoming feelings of grief, offering both mental and physical benefits. If you live in an apartment complex, taking advantage of any available workout facilities can be a convenient way to incorporate more movement into your daily routine. These facilities often offer a variety of equipment and space for different types of exercise, allowing you to find something that suits your needs and preferences.

However, if your current living situation doesn't provide these amenities, it may be worthwhile to consider relocating to a complex that does. Utilizing an [easy-to-use online search tool](#) can simplify this process. This tool allows you to quickly filter apartments by your specific area, space requirements, and desired amenities, such as a gym. By finding an apartment that aligns with your wellness goals, you can create an environment that supports your journey through grief and aids in your emotional and physical healing.

### **Get a Houseplant**

Introducing a houseplant like the Hoya Sunrise into your home can be a therapeutic way to help take your mind off grief, providing a sense of purpose and tranquility. The Hoya Sunrise is known for its stunning, vibrant foliage and low-maintenance care, making it a great choice for both novice and experienced plant owners.

As you care for your Hoya Sunrise, [consulting a free online resource](#) can be incredibly helpful. These resources offer comprehensive care tips, covering everything from the ideal lighting conditions to watering schedules and troubleshooting common issues. By dedicating time to nurturing your Hoya Sunrise, you not only cultivate a beautiful living addition to your space but also engage in a mindful, soothing activity that can aid in the healing process during times of grief.

### **Connect With People**

Grief can make you feel isolated, but [connecting with family and friends](#) can help foster a sense of community and support. You can schedule activities to do together, such as a movie night or a cooking class, to share feelings and support each other. Avoid the temptation to isolate yourself because nothing good will come from it.

### **Seek Professional Help**

Seeking professional help for grief is an important step in your healing journey, and taking advantage of the mental health resources offered by your insurance can make this process more accessible. Many insurance plans include coverage for therapy and counseling services, which can provide you with the support and guidance needed during difficult times. If you find that your current insurance coverage does not meet your mental health needs, or if you lack coverage altogether, it may be time to explore other options. Shopping for [new insurance on the healthcare exchange](#) allows you to compare different plans and find one that offers the mental health benefits you require.

### **Write in a Journal**

Writing down your feelings and thoughts on paper is an excellent way to get them out of your head and process them. Start [with a few minutes a day](#) or use prompts to guide you. Here are a few examples to start with:

- Write a letter to your loved one.
- Write about a favorite memory.
- Identify ways you plan to cope with your grief.
- Discuss one change you can make for healthier grieving in the next week.

### **Start a New Hobby**

If you need to turn your feelings into something creative and meaningful, consider learning a new hobby. It can give you a sense of purpose and accomplishment, especially if you choose a hobby that you [find engaging and enjoyable](#). You might take up arts and crafts, photography, reading, or learn a new skill like cooking or coding. Take time to find something that you look forward to.

### **Be Outdoors More Often**

Spending time outdoors can go a long way toward improving your mental and physical health. Walking in nature and getting a breath of fresh air [can significantly lower anxiety and depression levels](#) while enhancing overall well-being. Try going for a nature walk, hiking in the woods, sitting in a park or by the beach, or even taking up gardening as a way to be outdoors.

### **Try to Get Sleep**

Getting a good night's sleep can be challenging when you're grieving. But creating a restful environment in your bedroom can help you get the [quality rest you need to cope](#) with your grief. Start by picking calming colors like blues and greens for your bedding and walls. And try these strategies:

- Add blackout curtains to block out any light that might disrupt your sleep.
- Make sure your mattress is comfortable and supportive.
- Invest in high-quality pillows and bedding.
- Declutter your bedroom.
- Remove electronics or other distractions that can interfere with your sleep.

Making small changes can help cultivate a peaceful space that gives you the rest you need to heal and flourish.

Though it's a natural process, grief is one of the biggest challenges in this life. Creating healthy goals and taking small-but-significant steps toward healing will go a long way in bringing comfort and support during this difficult time. Remember to be patient and kind to yourself, and know that it's okay to ask for help when you need it. Getting exercise, staying connected to loved ones, spending time outdoors, and the other goals above are all worth pursuing. Remember that healing takes time, but every small step counts.

*Located in the Midwood neighborhood, [Brooklyn Birthing Center](#) (BBC) is the only licensed, accredited, freestanding birthing center in New York City. The midwifery led birth centers offer high-quality, family-centered care, allowing healthy women the freedom and flexibility to have their unmedicated birth in a calm, home-like environment.*