

KERN COUNTY CEMETERY DISTRICT NO. 1

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How to Cope with the Basics when Faced with Life's Challenges

Following a loss, death, tragic event or major life challenge, it may be difficult to remember to take care for oneself. Focusing on the basic survival needs for the body--remembering to eat, sleep and exercise--is especially needed initially after a life changing event. This short list provides basic, healthy coping strategies to keep you moving during the first few days.

Here's How:

1. Take it one hour at a time, one day at a time.
2. In as much as possible maintain a normal routine. Keep doing your regular activities.
3. Get enough sleep or at least enough rest.
4. Regular exercise, even just walking, helps to relieve stress, tension and improve a person's overall mood.
5. Eat a balanced healthy diet with plenty of water. This will help your body keep functioning during the time of added stress. Limit the high calorie and junk "comfort" foods.
6. Avoid using alcohol, medications or other drugs to mask the pain.
7. Do those things and be with the people who nurture, comfort and recharge you.
8. Talk to or interact with others (in person or online groups), especially those who have lived through and survived similar experiences. They may provide valuable insights for coping.
9. Do something creative--writing, journaling, gardening, painting, woodworking, building, photography--to express the intense feelings.
10. Remember the coping strategies used to survive past challenges. Draw upon these inner strengths again.