

392: How to Deal with Grief

10 Point Checklist

Addison Brasil

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"You cannot change what's happened to you in the past. Instead, let your experiences help you become an empathetic person as you move forward and live."

ADDISON BRASIL

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Be patient with myself in how I process grief. Patience will allow me to find the necessary space for acceptance, peace, and joy. It won't necessarily stop my grief, but the pain won't weigh me down.
- Seek comfort and help from those who care about me. Rather than avoiding my circle of trust, draw them close, spend time together in person, and accept their offered assistance.
- Don't suppress my feelings. I need to acknowledge my pain. Unresolved grief can also lead to depression, anxiety, substance abuse, and health problems.
- Prioritize my physical health. When I feel physically healthy, I'll be able to cope better and deal with my emotions. Combat stress and fatigue by getting enough sleep, eating right, and exercising.
- Don't let other people's opinions faze me. Let myself wholly feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, or to cry. It's also okay to laugh, find moments of joy, and let go when I'm ready.
- Watch out for grief "triggers." Anniversaries, holidays, and important milestones can reawaken painful memories and feelings. Be prepared for an emotional wallop, and understand grief can come in waves.
- Examine my negative self-talk and how it keeps me from moving forward. Examples of negative self-talk include "I am dishonoring the deceased by getting better," "I am leaving him/her behind," "Feeling happier means that he/she is no longer important to me," or "My love for him/her is fading."
- Reestablish a sense of purpose with meaningful short-term, mid-term, and long-term goals. Ask myself, "Is it okay to be okay?" and promise to create a life worth living by taking control of my future.
- Work on regaining my sense of identity. Accept that my life has changed but that I am still me. Develop new goals and action plans consistent with my values.
- Install tethr: Men's Mental Health via the [App Store](#) or [Google Play](#). The app provides a safe, supportive community where all men are encouraged to share openly about their triumphs and struggles. It allows men to connect with each other based on shared experiences.
- Check out Addison Brasil's [website](#) or follow him on [Instagram](#), [Twitter](#), and [Facebook](#) to get to know him better. Also, grab a copy of his book, [First Year of Grief Club: A Gift From A Friend Who Gets It](#), to learn how to honor the grief I'm experiencing.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/how-to-deal-with-grief-with-addison-brasil/>