



## 6 Helpful Tips to Overcome Grief

Are you struggling with the grieving process? You're not alone. [Most people grieve](#) at some point during their lives. Whether it's the loss of a parent, friend, or sibling, it's never an easy process. That said, you can make the process more straightforward when you implement some crucial habits.

Here are some suggestions, courtesy of the [Cemetery Group](#), that will enable you to beat the power through your problems.

### Bring Light Into Your House

When you're grieving, it's so effortless to shut the curtains and forget about the world. That's never a good idea. It will make your grieving process more challenging. Unfortunately, 5% of Americans suffer from [seasonal affective disorder](#).

Although scientists aren't fully certain about why SAD exists, they believe lack of sunlight causes it. Therefore, ensure you have plenty of light in your home during your grieving process.

## Listen to Music

Whether you listen to Selena Gomez, Justin Bieber or The Beatles, music leaves an imprint on your life and how you feel. Researchers have found that music releases dopamine. That's the feel-good chemical in your brain that kicks in after you've worked out.

During a study of volunteers, researchers found [dopamine was 9% higher](#) between people who listened to the music they love. Although it's not certain that music will help you through the grieving process, try it.

## Spend Time With Your Loved Ones

[Spending time](#) with your loved ones is imperative during the grieving process, especially if they're grieving too. If you're feeling down, you could always live with your family until you all build the strength to continue your lives as normal. However, if you don't have a strong family connection — which many people don't — don't be afraid to reach out. Try to attend group counseling sessions and meet positive people.

## Avoid Burnout at Work

Fortunately, some workplaces are very understanding when you're going through the grieving process. They will allow you to take time off from work, and they support you through the hard times.

However, you should set time aside to avoid burning out. Make sure you [establish boundaries](#) at work, let your employees know you're grieving, and value your time away from work.

## Go Outside and Move

It's essential to go outside and move your body if you're grieving. Of course, it's so easy to stay in bed and forget about the world. Some people will even keep the curtains closed and isolate themselves. That's always a bad idea.

Statistics show [mental health problems](#) can drop by almost 40% when you exercise. You don't need to run around for 40 miles. One short walk in the morning is enough. You can also look for "exercise hacks" to incorporate throughout the day, such as taking the stairs whenever possible or getting off the train a few blocks from your destination. There are many ways you can easily [incorporate movement](#) throughout the day — take a look at your daily habits and figure out how to make the most of these moments.

## Control Your Grieving Today

It may not seem possible at first, but you really can find things to help you through this challenging period. Try to get as much exercise as possible, take care at work, and remember to spend time with friends and family. It may take some time, and you may never feel the same way you once did, but you'll soon get back into the swing of life.

Image via [Pexels](#)