



Don't Let Grieving Hold You Back From Achieving Your Health Goals

When you're grieving the loss of a loved one, it can be difficult to take care of yourself. You may not eat right, which could lead to unintentional weight loss or gain. You might also withdraw from social activities or hobbies. However, it's vital to keep yourself occupied and actively strive to reach your health and wellness goals. This guide from the [Ethician Family Cemetery](#) can help you begin navigating your way through your grief.

Eat Well

Your body requires nutrients to function properly and a balanced amount of calories for energy. By [depriving yourself](#) of food or overeating, your grief-related fatigue could worsen.

If you notice you haven't eaten in days and are losing weight, force yourself to eat something, even if it's something small. Be sure to choose healthy foods because eating unhealthy items could cause you to gain unnecessary weight.

Focus on Hydration

Even if you find you're not eating much, make sure you're [drinking water](#) while you're grieving. Your body can [go without food](#) for a few weeks, but you can only go a few days without water before you become dehydrated and start feeling the ill effects of it. It helps to have a glass or bottle of water beside you at all times.

Consider Starting a Business

Your mind may wander to thoughts of the loved one you lost when you're not preoccupied. Therefore, it's important to keep yourself busy while you grieve. You still need to live your life even though you're hurting right now.

It could help to start a business. Since this is a major endeavor, consider breaking down the process into small steps and tackling one at a time. For instance, one of those steps might be forming a limited liability company (LLC). When you establish an LLC, you benefit in the long run by having less paperwork, more flexibility, and [tax perks](#). Check into Texas laws regarding LLC formation before proceeding to ensure you remain legally compliant.

Get Outside More

Even if you just go for a walk around the block once a day, make it a point to get out more. Fresh air can improve your mental focus and possibly [increase your happiness](#). In addition, the sunlight provides your body with vitamin D. When you lack this particular nutrient, you're more likely to experience [depression and anxiety](#), which can increase the emotional toll that grief takes on you.

Start a Home Improvement Project

If you're looking for something to keep your mind focused on, begin a home improvement project. You'll reap the reward of bettering your home while doing something that'll keep you distracted from your loss.

Begin Exercising Regularly

You should exercise regularly to optimize your health, at least [150 minutes per week](#), to be exact. It's advantageous to your mental health because it triggers your body to release endorphins, which are "feel-good" hormones.

Grieve While Remaining Healthy

Although this is an emotional time for you, your health must remain a priority. While you need to cope with your emotions, you should keep your health in mind and make sure you're participating in activities to keep yourself busy and in the best state of mind possible.

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