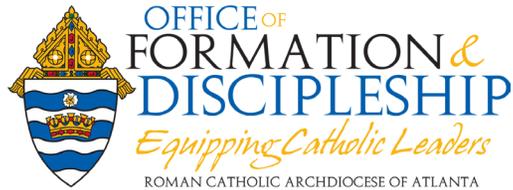

*We acquire the strength we have
overcome.*

-Ralph Waldo Emerson



If you or a loved one is grieving,
please contact the parish office to
see what resources are available to you.

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Health & Nutrition

CATHOLIC GRIEF SUPPORT SERIES



Exercise and Nutrition

Grieving often affects physical well-being.

You may not be sleeping well at night, or you may be rerunning events over in your mind and feeling especially tired. Allow yourself the freedom to relax. You have suffered a great shock to your mind, body, and spirit. Physical injury requires rest as an important part of recovery, and emotional injury does, too. Your energy will come back in time; but now is the time to take care of yourself.

If several months go by and you still find yourself wanting only to sleep, you should let your physician know.

Exercise

You may find that even if you were used to an active routine, now just getting out of bed in the morning seems like a heroic act. Do whatever you can. If you haven't been active, don't push yourself into a vigorous exercise program. Consider simply going out for a regular walk, or if you are unable to walk easily, simply move your arms and legs while seated. Exercise, besides being great for your physical body, is also a wonderful release for your emotions. It can allow for the release of emotions such as anger, guilt, anxiety, or restlessness. It will give you more energy. Researchers have proven that exercise can temporarily relieve mild depression and improve mood.

Nutrition

Eating right may seem like a hard thing to do. You may have lost your appetite and even your interest in preparing food. These few suggestions may help:

1. Take people up on their offer to go out to eat.
2. Take a multi-vitamin daily. It can't replace a



Key points to remember:

- Allow yourself the freedom to relax.
- Do what you can and do not overextend yourself.
- Exercise is a great way to release emotions.
- Eating right is important to help your body heal.
- Eat foods that are high in protein.

He heals the brokenhearted and binds up their wounds.

Psalms 147:3

well-rounded diet, but it can fill in some of the gaps temporarily.

3. Eat with the TV or radio on, if it offers company to you. Set a pretty table, and make your meal as colorful and appealing as you can.

4. Eat extra foods high in protein; your body is in a state of repair.

- o You can increase your protein by adding one additional glass of milk a day or one extra serving of three to four ounces of meat, cheese, or peanut butter a day.
- o Most microwavable entrees include three to four ounces of meat. If you need to watch your fat, Healthy Choice, Lean Cuisine, and Weight Watchers are good choices.
- o Cold snacks such as peanut butter or cheese on crackers or bread can substitute for one ounce of meat.
- o Add 1/4 cup nonfat powdered milk to soups, casseroles, etc., to increase protein.

Follow the USDA food pyramid for daily healthy eating:

- 6-11 servings of carbohydrates (bread, pasta, rice, and cereal)
- 2-4 servings of the fruit group
- 3-5 servings of the vegetable group
- 2-3 servings of the dairy group
- 3-4 servings of the protein group (meat, poultry, fish, nuts, dry beans, eggs).