

The Intern

# OutReach

HEALING • LEARNING • GROWING

Henry Ford SandCastles Grief Support Program, a division of Henry Ford Hospice



## WHAT IS SELF CARE?

### TAKING CARE OF YOURSELF THROUGH LOSS

As a human being, all aspects of well-being are extremely important. We have to look after ourselves and be good to ourselves to take care of our emotional, mental, and physical health. Doing things that improve these areas are proven to lead to better moods and less anxiety. When it comes down to it, self care is living a balanced life. So, how do you start to do this? Stick

to the basics. Find time to actively plan ways to care for yourself. Then, become aware of how what you do affects your overall mood and day.

Basically, self care is a system 'by you, for you' that allows you to identify your own needs and take steps to meeting them. What are some examples of self care activities? Talking openly with a friend, sitting outside and listening to the birds, making sure you sleep, trying a yoga class, listening to music you enjoy, or reading a good book that was recommended to you. A good way of thinking about self care is the oxygen masks in an airplane. When you need to use them, they always say to put your own mask on before you put on someone else's. We can only effectively help other people when we help ourselves. Caring for yourself is one of the greatest things you can do for yourself... and for others.

## WHAT'S INSIDE?

Taking Care of Yourself

Guidance for Self Care

Children's Grief Podcasts

Giving Back

Light a Candle



# SELF CARE COMMANDMENTS

*Adapted from I Am Self Care Aware*

Having trouble finding ways to appreciate yourself and create an environment to foster healthy self-care? Here are ten things to think about to help you achieve a greater sense of peace and tranquility in your life.

## **Be Mindful**

Start doing things with an awareness. Take yourself off of autopilot.

## **Create a Mindset That is Open to Receive Good Things**

Believe in yourself and how you deserve good.

## **You Must be Honest With Yourself**

Be honest with yourself and take inventory so that you can move forward.

## **You Must Learn to Say No**

You can't do everything all at once. Know your boundaries.

## **You Must Let Go**

Let go of the notion that busy means productive.



## **You Must Ask for Help**

Even superheroes need assistance. Delegate tasks.

## **You Must Seek**

Look for resources to help you get results you want.

## **You Must Prepare**

Free time comes up when we least expect it, sometimes. Prepare for it so you can use it.

## **You Must Listen**

Listen to what your body is saying. Cater to its needs.

## **You Must Say Yes to New Opportunities**

Use the freedom of choice to let a reawakening happen.

# PODCASTS FOR CHILDREN

## [Grief Out Loud by The Dougy Center \(Free on iTunes\)](#)

Best for teenagers or tweens, this podcast highlights the idea that starting a conversation about grief is important.

## [GoZen Anxiety Relief for Kids \(Free on iTunes\)](#)

A great podcast for helping younger children deal with anxiety and stress. Teaches skills for managing emotions.

## [What's Your Grief Podcasts \(Free\)](#)

Podcasts for all ages. Great resources for after the loss of someone.

## [Peace Out by Bedtime PM Radio \(Free\)](#)

A great children's resource for winding down and finding time for mindfulness and meditation.

## GIVING BACK:

### HELP HENRY FORD OPTIMEYES SEND 60 KIDS TO CAMP

We are so grateful for our community partners, donors, and sponsors who help make things like SandCastles Camp Erin happen. A huge supporter of SandCastles is Henry Ford OptimEyes. They help us to send kids to Camp Erin in the summer, and for the month of February, you can help them to do that.

Henry Ford OptimEyes released on their website that every location is collecting donations to help send children to camp this summer. In each Henry Ford OptimEyes location, lots of awesome activities are happening to help raise money for Camp Erin this summer: raffles, free glasses adjustments, and much more! Stop into a store and ask about how your contributions can help a grieving child this summer!

Their website also includes a link to donate to SandCastles. Here's how to get there:

- Visit the Henry Ford OptimEyes website at [www.henryford.com/optimeyes](http://www.henryford.com/optimeyes)
- Click on "More" at the top menu and then click on "Community Giving"
- In the side menu, click on "SandCastles Camp Erin"
- Read a little about their mission to help send children to SandCastles Camp Erin and donate through the button provided



#### FOLLOW US

Click the icon to see our latest Facebook updates! Or search for SandCastles Grief Support on Facebook.



#### STAY UPDATED

Click the icon to see our latest Twitter updates! Or search for Henry Ford Health on Twitter.



#### SPREAD THE WORD

Click the icon to see our latest Youtube updates! Or search for SandCastles content on YouTube.



#### GET CONNECTED

Click the icon to visit our website! Or visit us at [www.aboutsandcastles.org](http://www.aboutsandcastles.org)

#### FEBRUARY 28TH

Volunteer Orientation Meeting

6:30 - 8:30 pm

#### MARCH 6TH

Volunteer Orientation Meeting

6:30 - 8:30 pm

#### MARCH 12TH

5:30 - 9:30 pm

#### MARCH 14TH

5:30 - 9:30 pm

#### MARCH 19TH

5:30 - 9:30 pm

#### MARCH 21ST

5:30 - 9:30 pm

*Henry Ford Hospice*

**17333 Federal Dr. Suite 260**

**Allen Park, MI 48101**

To fulfill the required registration, please call the office at: (313) 874 - 6881

## HEAL GRIEF ACTIVITY

There are great resources online for memorializing your person and allowing yourself to grieve in a community setting. One of those ways is to light a free candle at the Heal Grief website.

To visit: [www.healgrief.org](http://www.healgrief.org)

Click on the drop-down menu at the top titled, "Memorialize."

Click on, "Candle Gallery."

And create a candle for your person who has died.



*Light an  
Online  
Candle*