

# 10 Gentle Ways to Beat Brain Fog While You're Grieving



**S-l-o-w Down.** Sounds simple, but slowing down your life has a calming effect on your agitated nervous system. Grief takes up a lot of room inside you. When you take on too much to do, your brain simply cops out. Take as much time as you need to do what you need to do. Just because you accomplished the same tasks in record time before your loss doesn't mean you can speed through it now. Maybe you used to be energizer bunny. It's okay to have a To-Do list with lots of empty space. Pick the most important things that need to get done: pay the electric bill, sort papers and file them, cook dinner. And take your time doing them. Stop when you feel overwhelmed.



**One Thing at a Time.** Multitasking is not for the grieving. Focus all your attention on one thing before you move on to the next. Your brain is on overload. It's going crazy because all its attempts to keep you safe failed. This loss happened. It is still processing what happened. So when you try to do six things at one time, it struggles to keep up. Try not to stir the pasta sauce when you're on the phone as you transfer a wash load to the dryer and feed the dog's bowl all at the same time.



**Daily Energy Check.** When you wake up in the morning, do an energy check.

Tune into your body and ask: How am I feeling? Did I sleep well? Do I feel rested or groggy? Based on your response, see if you can tailor your day to match the energy you have available. There are must-do's in our day. Dropping the kids off to school, shopping for groceries, walking the dog...make sure you prioritize your energy availability for these tasks. If you have a full-time job, do the best you can with tasks outside of your commitment.



**Ask for help.** This is so hard for most of us, but your dear friends and family

want to help you at this time. Most people are uncomfortable with the emotional space when a loved one is grieving. But ask them for help with shopping, dropping the kids off to activities, mowing the lawn, getting on the phone with a service provider...and they'll feel really useful. You give them an opportunity to help you and your load is a little lighter. Win-win.



**Word of the Day.** It's really useful to wake up in the morning and think about

adopting a word-of-the-day. Depending on what you need most, you may choose Peace or Feel or Center or Breathe. When you've picked your word, write it out on Post-It notes and stick them where you can see them. Reminders are great. Every time you see the word on your phone, bathroom mirror or desk, breathe it in. Really visualize breathing in the word Peace or Comfort deep into your cells. This practice truly helps you give yourself what you most need for healing.



**No permanent decisions.** There are a zillion decisions to be made when

loss strikes. Should I move? Should I stay? Do I give away my loved one's clothes? Should I sell

the second car? Do I stop wearing the ring? What if I do that and people ask about my spouse? This is no time to make any permanent decisions. Your brain is on overload and can only deal with survival in the moment. If there are immediate decisions to be made, call a trusted friend or family member to be your spokesperson or advocate. If the decisions can wait, let them.



**Breathe.** Your breath is a wonderful tool that can help you destress. Panic

attacks and anxiety trigger our primitive brain. When we take deep, slow breaths we deactivate the part of our brain that triggers fear. Consciously disconnecting from our fearful thoughts and reconnecting with “the breath” will help you calm down in minutes.



**Art therapy.** You don’t have to be a Picasso to do this. Simply grab a sheet of

construction paper or a blank canvas. Use a pencil or if you like color, try finger painting. Simply slash and dab and swirl color. Sometimes we have no words to express what we feel. Color and movement helps unblock and release what is stuck. And the blank canvas asks no questions; it simply receives your pain generously.



**Nature Walks.** The silence and beauty that nature offers is extremely

therapeutic when your mind is overloaded. Take yourself (and your favorite furry) for a nice, long walk to unwind, breathe, think about things, and allow yourself to feel what you need to feel. The privacy is comforting. Also, a sacred space like nature will nourish you at a time when most of the world doesn’t understand the enormity of what you’re dealing with.

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**Got-Done List.** A great way to feel a sense of accomplishment is to

start a Got-Done list. Spend five minutes writing this list at the end of your day. A couple of things happen when you bring this little practice into your life. Our brain loves evidence. When you focus every day on what you *did* instead of how much you still have to get done, your brain begins to focus more on what you accomplished. Put everything, big and small, on this list. Maybe your list looks something like this: *Washed my hair. Breathed for five minutes. Shopped for groceries. Found all the tax papers. Called accountant.* Over time, you'll see how this list makes you feel good about what you achieved.



**I guide spiritually-oriented women who are**

**grieving a loss.** Whether you're dealing with the death of a loved one, the end of a relationship, the loss of a dream, or watching a parent die, you just want to stop hurting and find peace. I help you make peace with your pain so you can finally feel a sense of control over your life.

Start your healing with [A Free Session.](#)

I am committed to helping heal my clients' grief. As a result of the sacred work we do, my clients experience:

- A deep sense of inner calm
- Reduced brain fog and overwhelm
- The ability to manage their emotions
- A sense of acceptance of their loss
- Peace of mind and even purpose

**Schedule your session today!**

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