

## TRY THIS!

- **Open Your Heart Pose.** Grief can make you feel closed off. This pose is thought to open your heart. It can help you feel important emotions.
  - Put a small pillow down on the floor.
  - Lie down on your back. Make certain the pillow is in the middle of your back and your head is flat on the floor.
  - Move your legs far apart.
  - Lay your arms on the floor with your hands facing up.
  - Breathe in through your nose and out through your mouth five times.
- **Move Your Body.** After connecting to emotions through the Open Your Heart yoga pose, start moving to get your endorphins going:
  - Stand tall.
  - Move your feet from side to side.
  - Twist your torso from side to side.
  - Swing your arms from side to side.
  - Let your head follow your arms, moving it from side to side.
  - You should now be moving your entire body—your feet, arms, torso, and head. Do you feel like turning the side-to-side movements into a dance? Go right ahead. Have fun!
  - Try to keep your mind free of thoughts. Just enjoy the movement.



### Top Tip!

If you're having trouble acting on any of these ideas, talking to a counselor, therapist, or other Grief Navigator might help you take the steps you need toward feeling better.