

# Living Your Best Life and Achieving New Goals: Steps for Those Dealing With Loss

Dealing with the loss of a loved one is an incredibly challenging experience that can leave you feeling overwhelmed and uncertain about the future. However, amidst the pain and grief, finding ways to live your best life and work towards achieving your goals is possible.

You can cultivate resilience, prioritize self-care, foster a growth mindset, stay curious, network with like-minded individuals, consider online education, and spruce up your job applications by taking certain steps. These actions will help you navigate through the healing process and create a meaningful future. Here, [Nordgren Memorial Chapel](#) shares some strategies to get you started.

## Cultivate Resilience

When facing loss, cultivating resilience becomes crucial. View setbacks as opportunities for personal growth and transformation. Shift your mindset towards gratitude by reflecting on the positive memories and lessons learned from your loved one. Soulistic Hospice suggests seeking support from friends, family, or support groups to help you [navigate through difficult emotions](#). Maintaining a positive mindset allows you to find strength and resilience to move forward.

## Embrace Self-Care

Prioritizing self-care is essential for your overall well-being during the healing process. Take care of yourself physically, mentally, and emotionally. Engage in regular exercise to release stress and boost endorphins. [Nourish your body](#) with healthy foods that provide energy and promote healing.

Set boundaries to protect your emotional space and give yourself permission to grieve. Embrace relaxation techniques such as meditation, deep breathing exercises, or engaging in activities that bring you joy.

## Implement Time Saving Strategies

Normal cleaning and care tasks can take energy that you simply don't have when you're grieving. Instead of feeling guilty about being behind, find and implement time saving strategies to spend less energy (and time) on these

tasks. [CleanerDigs.com has many tips](#) to help you get these tasks done with minimal effort.

## Adopt a Growth Mindset

The Hospice Foundation of America notes that adopting a growth mindset can empower you to [overcome challenges and continue growing](#). Believe in your ability to learn and improve through adversity. Embrace challenges as opportunities for personal development. Seek feedback from trusted individuals and use it to fuel your growth. Persist in the face of setbacks, knowing they are stepping stones toward your goals.

## Stay Curious

Staying curious is a powerful tool for healing and personal growth. Seek out new experiences that challenge and inspire you. [Ask questions and seek knowledge](#) outside your comfort zone. Engage in reading books and articles or attending lectures that broaden your horizons and provide different perspectives. Embrace lifelong learning as a way to expand your understanding of yourself and the world around you.

## Go Back to School

Returning to school after experiencing loss can be a positive step for career and personal growth. It offers a chance to focus on goals and provides a structured learning environment. This move can reignite passion and curiosity, helping to shift focus to new objectives. Additionally, it opens up networking opportunities and the chance to build supportive relationships.

When considering different programs, look to online degrees, which offer more flexibility. For example, with an online master's degree in nursing, you can learn key skills such as administration and informatics, which can improve your career prospects. When you [explore the potential benefits](#) you'll find that you can finish courses within six to eight weeks and perhaps land jobs later with titles like Family Nurse Practitioner (FNP) and Psychiatric Mental Health Nurse Practitioner.

## Network With Like-Minded Individuals

Building a supportive network is essential during the healing process. Attend events or join communities where you can connect with others [who share similar experiences](#) or interests. Engage in online platforms and support groups where you

can find understanding and compassion. Surround yourself with individuals who uplift and inspire you on your journey.

## **Spruce Up Your Job Applications**

In your journey towards a new job, enhancing your applications for better prospects is crucial. Use a specific cover letter format to highlight your capabilities and experiences that align with the job requirements. This approach not only tailors your application to each job role but also presents your unique strengths confidently, positively impacting potential employers.

## **Be Patient as You Find Your Way Through Grief**

While dealing with losing a loved one is undoubtedly challenging, finding ways to live your best life and achieve your goals is possible. By cultivating resilience, embracing self-care, cleaning your home, fostering a growth mindset, staying curious, networking with like-minded individuals, considering online education, and optimizing job applications, you can navigate through the healing process with purpose and determination.

Remember to be patient with yourself and allow time for healing while taking small steps toward creating a meaningful and fulfilling future.

*[Nordgren Memorial Chapel](#) serves the bereaved of Worcester County according to the specific wishes of each family as has for over 100 years. Contact us today to learn more! **508-852-2161***