

# Self-care the Lullaby Trust way

At the Lullaby Trust we take self-care very seriously.  
This is how to practice self-care the Lullaby Trust way:

- L** **Love** – Surround yourself with those you love and show love and compassion to yourself
- U** **Understand** – Read our information\* about the body's responses to sudden bereavement
- L** **Listen** – Listen to our bereavement playlist\* to help regulate your emotions
- L** **Laugh** – Laugh when you can. It doesn't mean you are missing your baby or child any less
- A** **Ask** – Ask for what you need. It enables your support network to help in a meaningful way
- B** **Breathe** – Breathing deeply and slowly can lower stress hormones
- Y** **Yoga & Mindfulness** – Connecting body and mind can help us relax
- T** **Tackle One Thing at A Time** – Stay in the moment! Thinking too far ahead increases overwhelm
- R** **Routine** – Maintaining a routine can help restore a sense of rhythm during turbulent times
- U** **Unwind** – Moments of calm relaxation can feel restorative. See our booklist\* for ideas
- S** **Support** – Our support team provide a confidential listening space\*
- T** **Talk with a befriender** – Email us to connect with a trained family member with lived experience

\* TRAUMA  
RESOURCE



\* BEREAVEMENT  
PLAYLIST



\* BEREAVEMENT  
BOOK LIST



\* BEREAVEMENT  
SUPPORT



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