

A photograph of two women. The woman in the foreground has dark, curly hair and is looking off to the side with a thoughtful expression. She is wearing a blue corduroy shirt. The woman behind her has long, straight dark hair and is resting her hand on the first woman's head, looking forward with a gentle, supportive expression. She is wearing a dark green sweater. The background is a plain, light-colored wall.

Moving Through the Heartache:

A Griever's Guide to Hope and Healing

Lisa Stewart, Grief and Loss Coach

heartsofgriefarmsoflove.com

5 TIPS TO HELP WITH THE GRIEVING PROCESS

- **Temporarily reduce your obligations-** If you are not able to fully lend your time to others, that is ok. Give yourself permission to say no if doing for others is overwhelming.
- **Cry if you want to-** Crying helps to relieve pressure. It helps to free your heart from pain. If crying does not come right away, that is ok. If you are stuck in your emotions consider grief counseling.
- **Do not self medicate-** Self-medicating with alcohol, drugs, medicines, and other substances only mask the pain. Consult your doctor for medication needs.
- **Find a support group-** Being around others who have experienced what you have gone through can help you with navigating through your feelings. You can draw from their experiences. Keep in mind, that similar experiences does not mean you will have the same outcome.
- **Know that you can get through this-**The pain in your heart can turn into fond memories that you are able to retrieve and hold on to when you are missing your loved one.

DAILY REFLECTION

WHAT I'M FEELING RIGHT NOW?



TODAY I'M REALLY MISSING...

TODAY, I'M HAVING A HARD TIME WITH...

A SIMPLE ACTIVITY I CAN DO TODAY TO SHOW COMPASSION TO MYSELF IS...

THINGS I'M GRATEFUL FOR...

GOOD THINGS ABOUT TODAY...

THINGS THAT MADE ME SMILE...

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To anyone with a broken heart:

You will find your way back
to a place where pain is replaced
with purposeful living.

Trust the process.
No need to rush but
be intentional about
healing.

Sending Warm Hugs
Lisa Stewart, CEO
Hearts of Grief Arms of Love, Inc.