

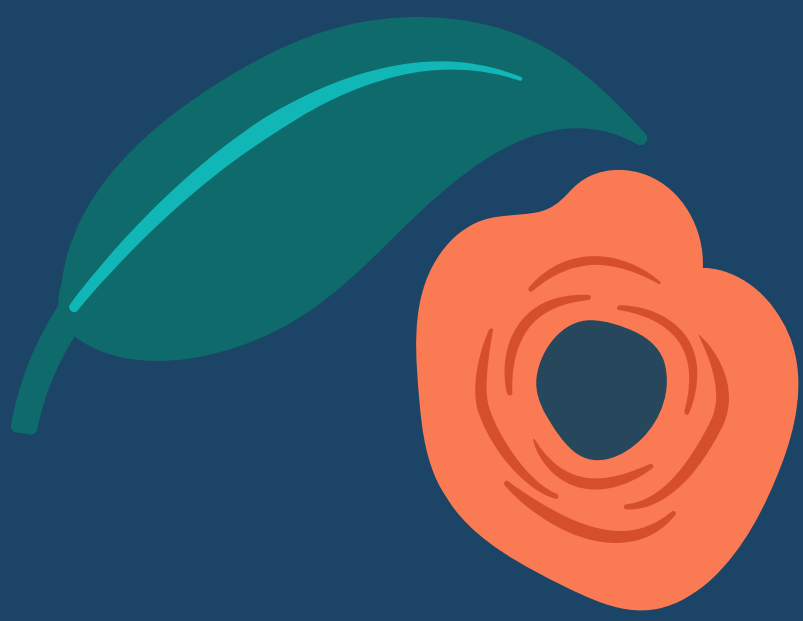


D R . B E T H A N N E K . W .

22 thoughts for nourishing your heart during grief

(A T E E N Y E B O O K)





1.

Honor your
emotions,
everything you
feel is real and
valid, no matter
what it is you
are feeling.

(Remember this is about you and your grieving
process- there is no right or wrong.)





2.

Recognize that
grief is a process,
and it's not
linear, it's
multidimensional.

(And at times it can feel messy, chaotic, and nonsensical;
just let it be what it is, not everything will add up.)



3.

Other people may not know what to say, and that's okay. This is a wonderful time to practice saying to yourself the things you need to hear.

(We are going to make it through this.
I am here for you. I love you.)



4.

Do whatever you
feel drawn to do to
honor your loss.

(Listen to music. Watch a movie that makes you cry.
Watch a movie that makes you laugh. Take a walk.
Look at pictures. Cherish beloved objects. Cry.
Have a warm meal. Write. Do what you feel pulled to
and trust it is helping support your process,
even if you can't fully say why.)

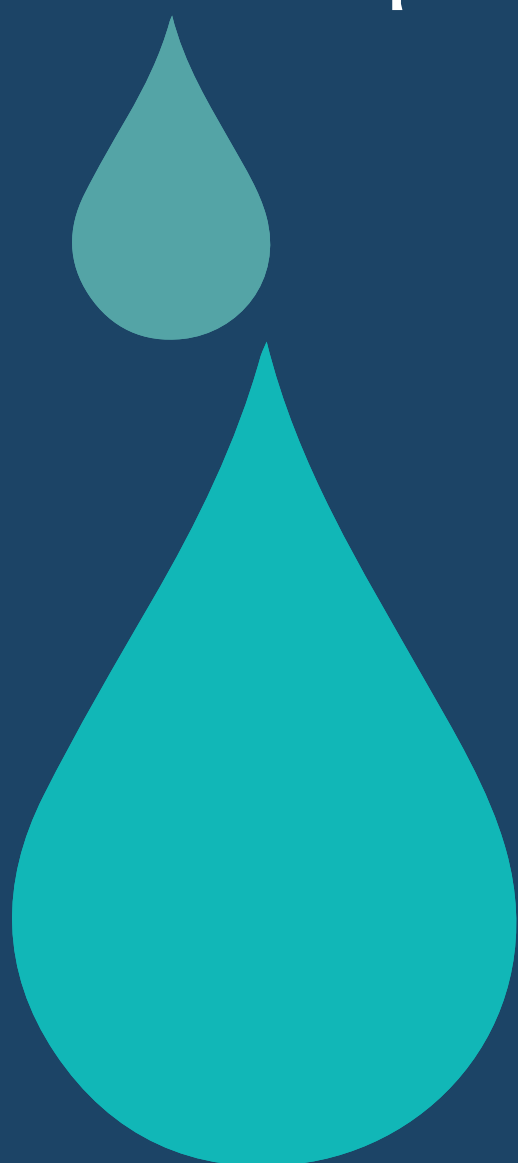




5.

Let water support
you– it is an
incredibly healing
element.

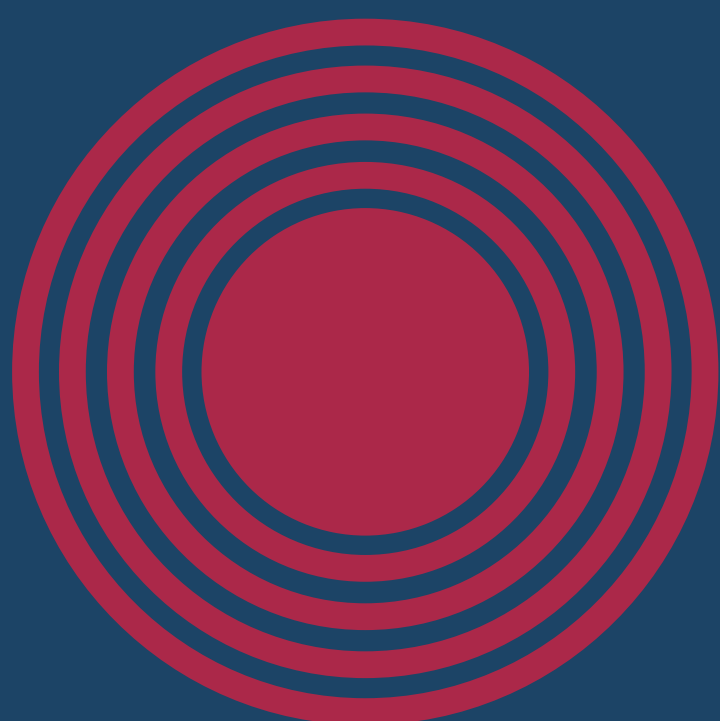
(Drink water. Take a bath or a shower. Go to the water
and sit by the ocean, a stream, a lake. Be intentional.
Water helps release emotion, cleanse, clear, and renew.)





6.
Remember that
grief is
disorienting, and it
takes time to
feel reoriented
again.

(So don't judge yourself if you feel sideways,
upside down and topsy turvy.)



7. Release expectations for how things should look.

(Especially for how YOU should look- your process may be different than expected and that's okay.)



8.

Recognize that
your heart is
working through
break, and the
heart has a
healing language
all its own.

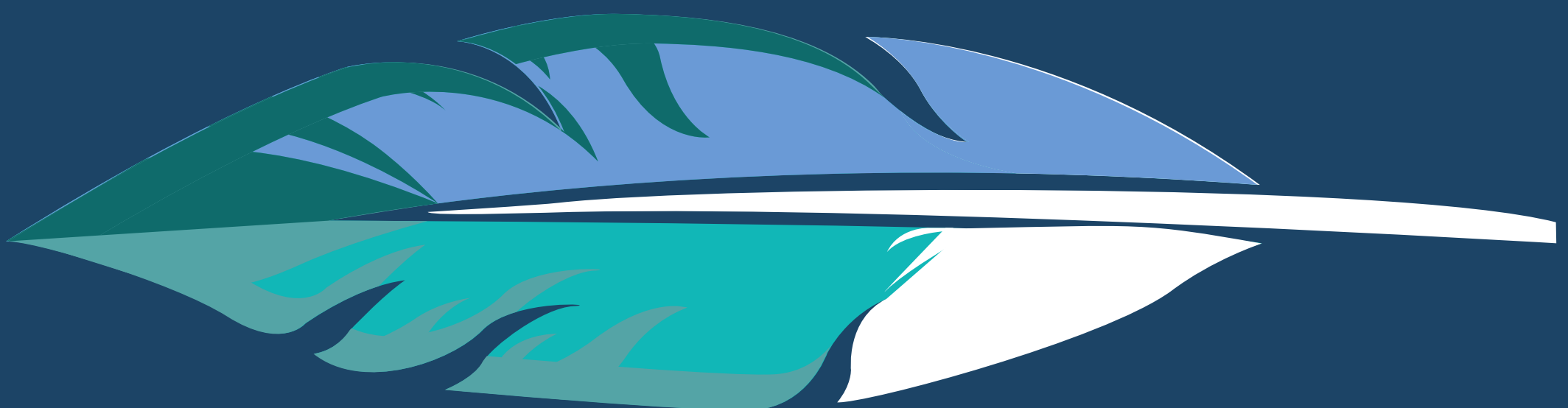
(Sometimes you just have to feel what you feel how you feel
when you feel- and know that's perfectly okay.)



9.

If you receive
signs, symbols,
and
synchronicities
that make you feel
your loved one is
close, know that
they are.

(Spirit speaks in many ways, it's normal and beautiful to
have an ongoing sense of a loved one's presence after
they have passed.)



10.

Make space to
process your
feelings. Journal,
reflect, talk, make
art– find a way to
let what's inside
out.



(Feelings can fester if not released; getting them out helps clear space for new insights and healing to come through.)

11.

Be around people
if that feels
helpful, and don't
be around people
if it doesn't.

(We all have different connection needs- grief may
or may not impact your desire to be around others-
so just pay attention to what feels good to you
and adjust accordingly.)





12.

On the days
where the sun
breaks through—
let it.

(Don't feel guilty if and when you have good days. It doesn't mean you're not grieving- it simply means your heart knew you needed a break from grief's heavy and needed some light to remind you that the sun still continues to shine.)



13.

Talk to somebody.
A trusted friend. A
therapist. A healer.
Anyone who feels
safe to you.

(Grief can be a heavy load to carry- there's no need to carry
it by yourself all the time. Let others help you.)





14.

Grief transforms. So if you find yourself changing, just make space for the change.

(We often expect ourselves to bounce back to our old selves, but there is no bouncing back from loss. We learn to bounce in a new direction as our hearts mend.)



15. Develop a comfort ritual to help anchor you.

(Warm baths, hot tea, time outside, extra naps. Comfort rituals can be very grounding and soul nourishing, and they are extra needed during loss when some TLC becomes a necessity and priority.)





16. Trust your process.

(Grief can be so overwhelming, it often feels like you're stuck in the pain and going nowhere fast. But do trust and know that your heart and spirit are bringing about healing in a deeper form.)





17.

Know that time
may not heal all
wounds, but time
does help you 
travel away from
the deepest point
of the pain and
that is its own
comfort. 

(One breath at a time, one day at a time, one step at a time-
you are moving through. I promise you.)



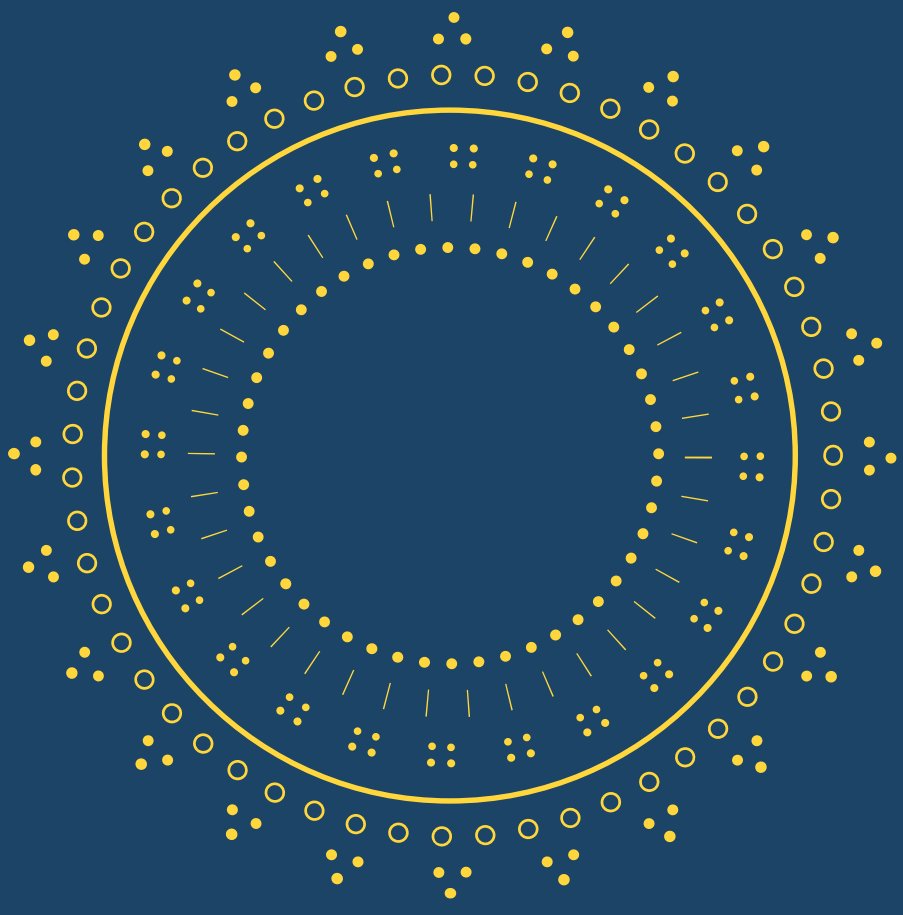


18.

Let nature support
and contain you.

(Nature often offers a different level of healing.

It is grounding, wise, intuitive, and calming- find ways
to be around natural elements and open yourself up to
their special healing powers.)

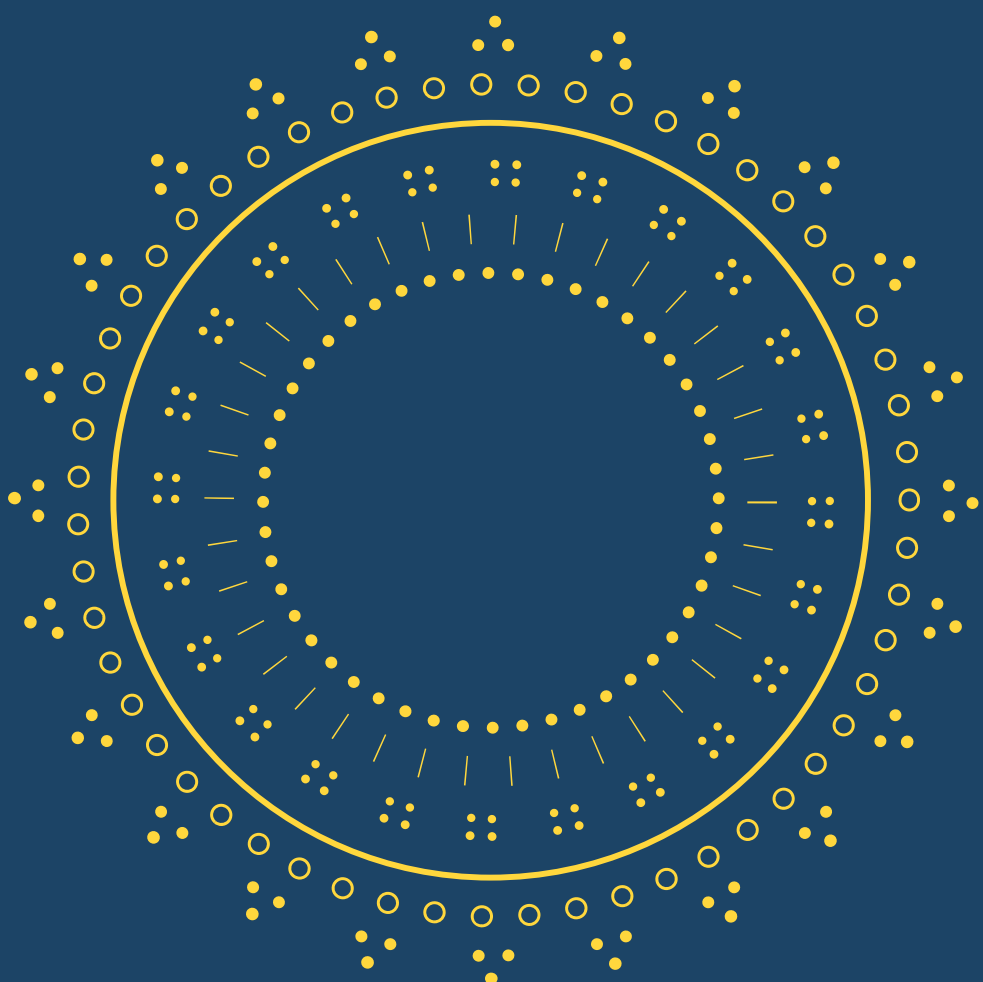
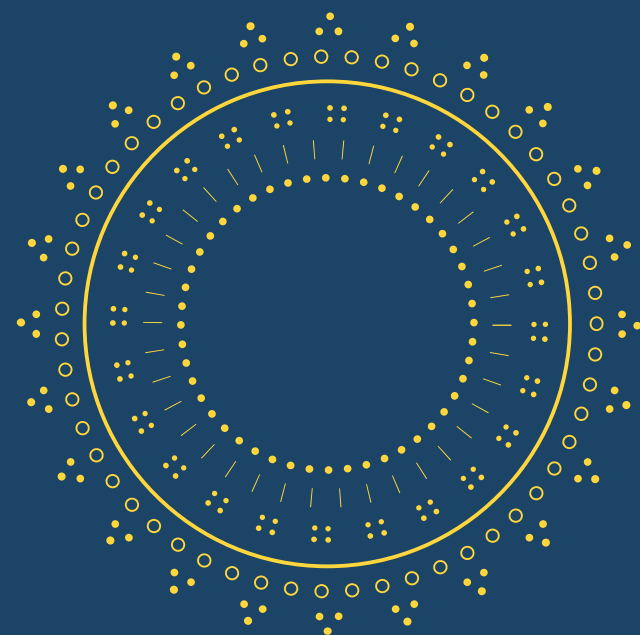


19.

If it feels helpful, it
is helpful. So let it
be helpful.



(Whatever feels comforting and helpful to you while
you're going through loss? Do that. Don't judge your
process. Make room for it. Your heart craves that room.)

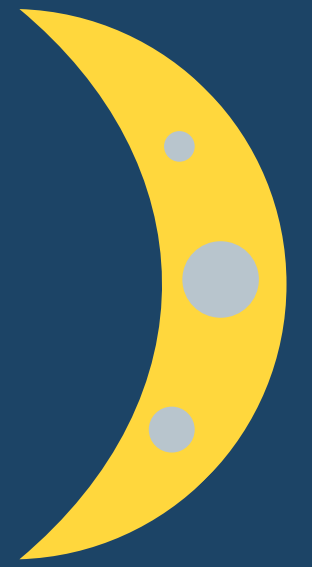


20.

Respect your space needs.

(You may or may not feel like occupying some of the spaces you once did. Taking breaks from social media, social groups, and/or other activities might feel necessary as you work through your feelings. Just trust your intuition to guide you to do what feels good for you.)





21.

Of course it's okay
to talk to them as if
they are still there—
I 100% believe they
are and that our
loved ones hear us.



(Death in this life is a rebirth into the next.

While that doesn't ease the sense of missing and the
physicality of loss, it can offer comfort to know those
we love are still right here with us, watching over us,
and supporting us on our journeys.)

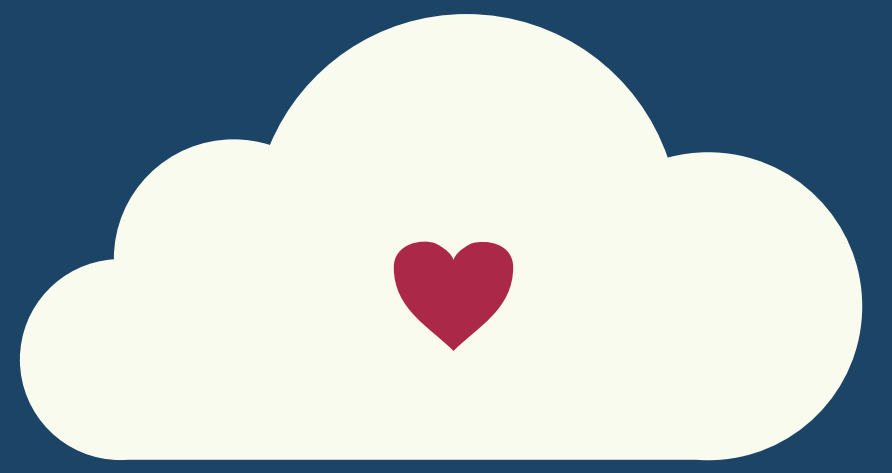


22.

When the sorrow
comes let it, but
always remember
the love.

(Love is the wound and love is the balm; focusing
on the love you carry inside your heart for your loved
one will help your heart keep finding grief's light
and the medicine it needs to mend.)





The End



for more grief support go to
bethannekw.com





p.s.
always be
exquisitely kind to
your heart.

(Breathe. Honor your feelings. Be gentle with yourself.)



Love, BethAnne