

****** GRIEF POINTERS ******
Ten Ways to Honor Your Grief

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1. Take one day at a time, doing one thing at a time.
2. It's good to let the tears flow. If you need to excuse yourself and find privacy, do so. Do not "stuff" your feelings.
3. Let go of the idea of "normalcy." When you're in grief, normal time goes out the window. Since it's a crazy time, strive to see the adventure and opportunities in it. See if you can enjoy doing things and "being" in new and creative ways.
4. Prepare yourself for other losses. Everything is undergoing a change in your life.
5. Ask for what you need. Remember to process your grief with friends, counselors, and whoever will listen.
6. Exercise as much as possible. It's good to keep the emotions and energy moving.
7. Sleep when you can or need to. You may become exhausted at times.
8. Don't forget to eat! Easily done, but your body and stamina will pay a price.
9. Reconnect with Spirit; and seek out new ways to develop your spirituality. Learn to meditate, for example! This could be one of the most powerful things you can do for yourself when you are going through a change of any kind.
10. Honor your memories and your intuition. By the way, meditating will strengthen your intuition.

-- *THE LAST ADVENTURE OF LIFE*, p. 209