



Reinforce Your Resilience to Successfully Adapt to and Navigate Your Loss & Life Transition

HI THERE, WE CARE!

NO ONE SHOULD HAVE TO GRIEVE ALONE AND WE ARE HERE TO HELP

We are committed to You!!!

We know all too well that Loss Hurts profoundly, Grief Heals thoroughly, and Life Transition can be incredibly difficult. And we are here for You! We are a haven of HOPE, Peace, Comfort and Strength.

Our Vision is to "Positively impact the way grieving people are supported through their Loss, Grief and Life Transition by their significant other, family, friends, place of worship, employers, colleagues and "themselves"!

If you have suffered loss, please know that we are so sorry, and our hearts are with you! We will walk this journey together and offer information, resources, empowerment, and gentle guidance infused with hope and humor, along the way.

The following information is going to give you a *very brief* overview regarding Loss and coping through H.O.P.E. because when we suffer a recent significant loss our concentration is extremely limited.

The first thing to know is that **there is HOPE (Hold On Pain Ends)!!!** **The intensity of pain that you are experiencing right now, will not always stay as intense** as it is right now.

"Pain is only bearable if we know it will end, not if we deny it exists." – Victor Frankl

There are more resources available to you when you are ready and can concentrate better.

(Like how to navigate the most difficult emotions, etc.) Keep reading...

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KEY CONCEPTS:

HOPE: There *is* HOPE. You can make it through this! **Hold On Pain Ends** (meaning **the intensity lessens tremendously**). So, **Holding Only Positive Expectations** can help.

THERE ARE ONLY 3 RULES:

1. **I will not hurt myself.**
2. **I will not hurt others.**
3. **I will not destroy property** (As I might hurt myself in the process and people often regret destroying things and typically wish they had them later).

IT HELPS TO:

- **Treat yourself with kindness.** Treat yourself like you would your best friend.
- **Be patient with yourself.**
- **Grief is usually more intense** and longer lasting **than we ever expected.**
- **Take good care of yourself.** Grief is exhausting for the griever and the supporter. Taking the best care of yourself that you can is crucial to healing-well and supporting someone in their healing.
- **Be where you are at without judgement of yourself.** Unrealistic expectations and judgement will only cause more stress and stifle healing.
- **There is *no right way or wrong way to grieve.*** There are *healthy* and *unhealthy* ways of responding to loss.
- **There is *no timetable for grieving, it is an active process.***
- **An emotionally safe support system is crucial.**

SUPPORT:

You are NOT going crazy! You are NOT alone, AND You DO NOT have to grieve alone!

Our Hearts are with You! We are a haven of HOPE, Peace, Comfort and Strength. We have a healing-well of resources available to you.

Grief is the process (not an event) through which we can heal-well, become-whole and thrive after devastating loss. **You can trust the process.**

We are beside you as you navigate your loss, grief, mourning and life transition. We are your tribe and help support healing WINGS!

WINGS mean = **Willing Individuals Now Growing Stronger**



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After an initial consultation we custom design a Healing Program based on your individual needs and desires. Key elements of your Healing Program include:

- Illuminating what you need to know right now regarding fresh Loss & Intense Grief
- Real-life “Power-Tools” for Coping with the Pain & Stress of Loss
- Understanding the Dynamics of Loss
- Identifying the Impact of Loss on Your Life
- Discovering 9 Realms of Impact & 9 Areas of Support
- Experiencing the POWER of Anchoring in H.O.P.E.
- Navigating the 4 Seasons of Grief
- Understanding the 5 Needs Mourning
- Inspiration of the Nautilus & Dragonfly



- Learn How HealWell & THRIVE can help YOU!

CONTACT HealWell & THRIVE TODAY

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For more information or to book a service go to:

www.HealWellandThrive.com