

Personal Challenge to Individual Healing.

- 1) The first part of the grief is releasing.
- 2) Allow yourself to grieve, giving yourself permission to grieve.
- 3) Forgiving yourself & others of anything and everything.
- 4) Accepting Loss.
- 5) Building Friendships.
- 6) Finally REINVENT yourself (Find your purpose).

G-R-J-V

G= Get in touch with God/Creator as you understand Him.

R= Release – Find healthy ways of releasing. Ways that will make your day just a little bit easier.

J= Jell – If you have harboured bitterness in the past with someone try to make amends. Whether you can admit it or not at this delicate time, you need all the support you can get. Become closer than ever before to your family members. Let nothing or no-one break you apart.

V= Volunteer some time helping out or doing something that will keep your mind active. Get out amongst people. Don't let yourself be caged up because it will cause you to move into serious depression and that won't bring healing.