

August 2024

KWD WELLNESS

NEWSLETTER

PROVIDING SUPPORT TO ACHING HEARTS



TOP NEWS

- 11-wk Virtual Mindfulness Group starting 8/21/24
- Pet Loss Support Group- Coming Sept 2024



HONORING LILY ~ NAVIGATING THE GRIEF OF LOSING A BELOVED PET

Dear Friends of KWD Wellness,

Today, I write with a heavy heart to share a deeply personal experience. Our beloved teacup poodle, Lily, passed away. She was 16 years old, blind, and deaf, yet her presence was irreplaceable. Losing Lily is a unique pain, reminding me of the profound bond we share with our pets.

This afternoon, while working from home, I found Lily. I walked downstairs for lunch and noticed her lying in the same position as the night before. Her food and water bowls were untouched. My stomach clenched and my chest tightened as the realization hit me. I called my husband, who had nurtured her through his darkest days. His reaction mirrored my heartbreak—tears, disbelief, and an overwhelming sense of loss.



Lily's life was filled with love and joy. She pranced on walks with her pink leash, capturing the hearts of everyone who saw her. She was resilient, cranky, and bossy, asserting her tiny presence with unwavering confidence. Our sons, who grew up with her, will be heartbroken, but they will also remember the immense love she brought into our lives.

Losing a pet, a cherished family member, is heart-wrenching. They love us unconditionally, offering acceptance, joy, and comfort. They ask for so little but give us so much in return. In this moment of grief, I remind myself—and all of you—that the pain we feel is a testament to the love we shared.

As a therapist specializing in support for pet parents, I understand the complexities of this loss. It's normal to question if we did enough, if we loved them enough, if we could have been better pet parents. These feelings are part of the grieving process. It's essential to allow ourselves to mourn, to remember the joyful moments, and to acknowledge the deep bond we had with our pets.

At KWD Wellness, we are here to support you through these tough times. Our pets bring immeasurable joy and, yes, sometimes profound pain. But in the end, the love and memories they leave us with are worth every tear. Embrace the grief, cherish the love, and know that you are not alone.

Be Well,
Kristin
Founder, KWD Wellness

WHAT IS MINDFULNESS?

A basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

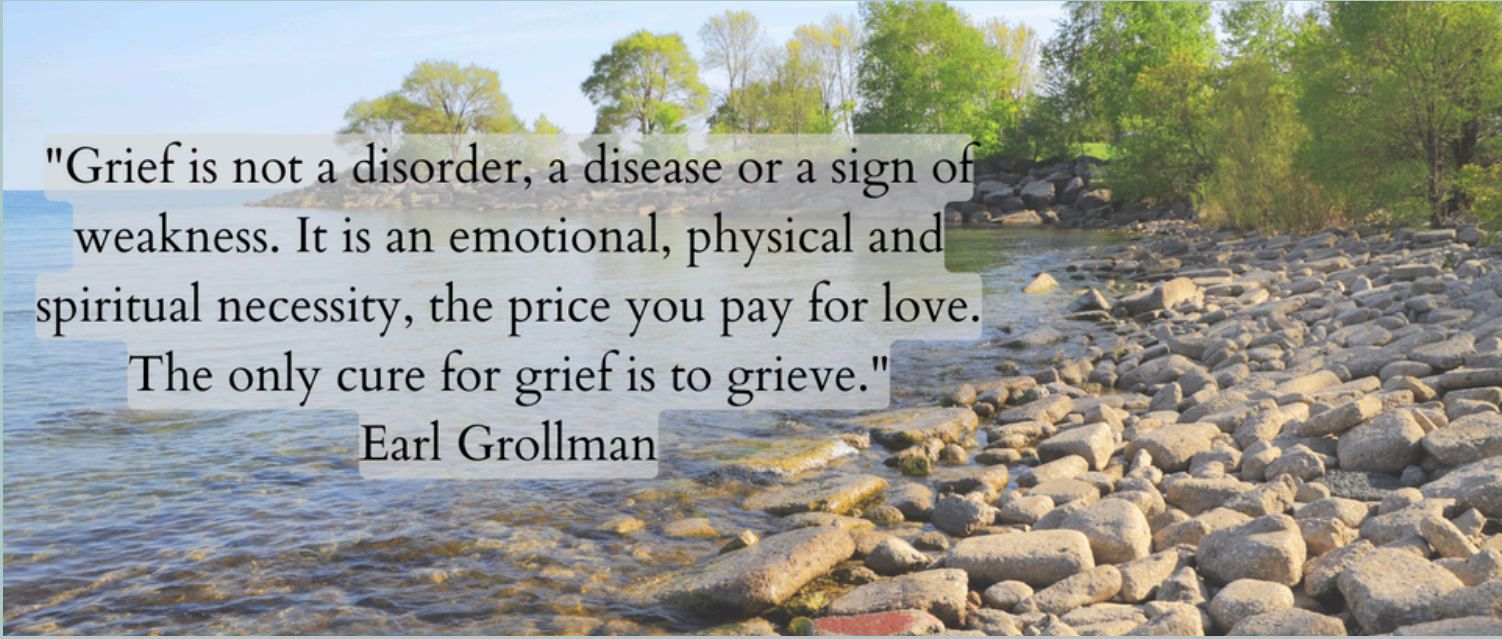


Pet Loss
Support



Mindfulness
Group

📍 Online Therapy in DC, MD,VA
✉ connect@kwdwellness.com
📞 410-343-4519



"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love.
The only cure for grief is to grieve."

Earl Grollman

*STRATEGIES FOR **BIG** EMOTIONS*

- **Practice Mindfulness:** Focus on the present moment without judgment. This can help you observe your emotions without being overwhelmed by them.
- **Deep Breathing:** Take slow, deep breaths to calm your nervous system and reduce the intensity of your emotions.
- **Physical Activity:** Engage in exercise or other physical activities to release built-up tension and stress.
- **Express Yourself:** Write in a journal, create art, or talk to someone you trust to process your emotions.
- **Grounding Techniques:** Use techniques like focusing on your senses (sight, sound, touch) to bring yourself back to the present and reduce emotional intensity.
- **Self-Compassion:** Treat yourself with kindness and understanding, recognizing that it's okay to feel big emotions.