



How To Get Un- Stuck From Grief!

Helen S. Condon, B.A.Ed. IAP Certified Life Coach

4 things to do when Grief
consumes you.

www.findjoyingrief.com

STEPS TO TAKE

Keep these tips handy - put them on your phone!

Pick one; if it doesn't work, move to another - ALWAYS with love for yourself and your Grief

WHEN YOU CAN'T MOVE, BREATHE, THINK, OR FUNCTION

GO AHEAD, CRY!

Your job when you are grieving is to allow yourself the Grace to hurt. You don't always have to be brave. Most emotional pain comes from *fighting* an emotion, rather than acknowledging it.

Excuse yourself from the room, find a private place (I left my brother-in-law's wedding reception and sat outside on the curb) and LET IT ALL OUT. You *need* this! And remember, other people's opinions are about *them* not *you*.

STOP, DROP, PLANK!

Intense movement triggers endorphins in the brain and help to release stuck thoughts and feelings. If you are physically able, PLANK for 30 seconds.

1. Lie on your stomach on the carpet or a yoga mat
2. Rest on your elbows and your toes, elevating your body off the floor - NO SAGGING!
3. Hold this pose for 30 seconds (or as long as you can)
4. BREATHE as you concentrate on your core muscles

****If you can't get down of the floor try planking against a wall****

LAUGH!

Think of something about your loved one that makes you laugh. This will also trigger an endorphin response that allows you to move through the pain.

The last time my daughter wanted something she could only shake her head; when I said that wasn't helping she quoted this from the movie The Princess Bride:

"My brains, your strength, and his steel against sixty armed men, and you think a little head-jiggle is supposed to make me happy, hmm?"

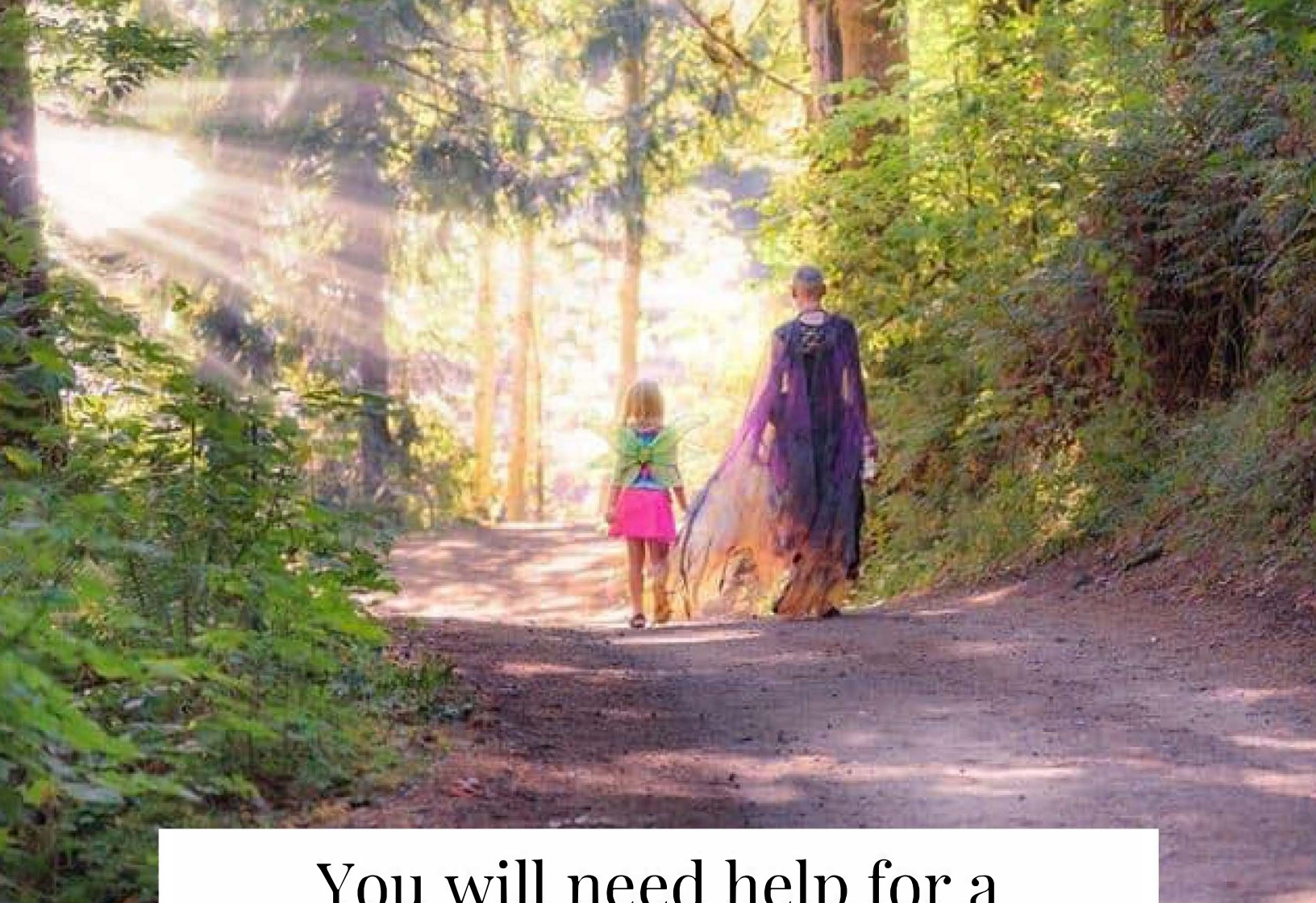
<https://youtu.be/XeO3jMZphhs>

TALK OR WRITE TO THEM

My daughter wrote a blog when her brother died and another one when her breast cancer appeared, then metastasized.

I started one when George died and added to it when Larissa died. It helps to get your feelings out on paper. I also talk to them often.

<http://togeorgeonleaving.blogspot.com/>



You will need help for a while. I'm here.

Let's face it; Grief over a lost loved one can feel like a Life Sentence. It never goes away, even when it starts to fade.

Let's work together to give you the on-going support you need.

Sign up for a free 30 Pathway To Peace call here:

