

4 KEYS TO STAYING STRONG WHILE GRIEVING GUIDE BOOK



HARNESSING THE AIR METHOD FOR RESILIENCE AND HEALING

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WELCOME TO YOUR JOURNEY OF RESILIENCE

Grief is one of the most challenging experiences we face, and my journey through grief has profoundly shaped who I am today and led to the creation of the AIR Method.

The Losses That Shaped My Journey

My journey through grief began with the loss of my cousin in 2006, followed closely by the loss of my mom in 2007. Both losses were devastating and left a lasting impact on my heart. In 2013, I faced another significant loss when my father passed away. Each of these losses taught me about the depths of sorrow and the need for resilience.

Most recently, May 3, 2024, I faced one of the most heart-wrenching experiences of my life: the loss of my grandfather, my Top Pop, who raised me. His passing has left a hole in my heart and soul. The pain of losing him is overwhelming, and navigating life without his presence has been difficult.

Adapting to the New Normal

Each of these losses forced me to confront a new reality. My daily life has changed drastically, and I have to find new ways to adapt. Accepting this new normal has been incredibly challenging, but it is a necessary step in my healing process. I learned to embrace change and find strength in the midst of my sorrow.

Engaging in Inner Work

Grieving the deaths of my loved ones required deep inner work. I spent countless hours reflecting on our memories, journaling my thoughts, and processing my emotions. This inner work was not just about coping; it was about understanding my grief, acknowledging my pain, and finding ways to heal from within. It was through this process that I began to find a sense of peace and resilience.

The Importance of Self-Care

During those difficult times, I realized how self-care was essential. I had to take care of my physical health by maintaining a balanced diet, exercising, and ensuring I got enough rest. Equally important was caring for my mental and emotional well-being. This meant giving myself permission to grieve, to feel the full spectrum of my emotions, and to find joy in small moments.

Building Positive Relationships

The support of my family and friends is crucial during these times. They provide a network of love and understanding that has helped me through my darkest days. These positive relationships are a source of strength and resilience, reminding me that I am not alone in my struggles. Their support is a vital part of my healing journey.

The Birth of the AIR Method

The AIR Method—Adapt, Inner Work, Repeat—was born from these experiences. It is a holistic approach to building resilience that helped me navigate my grief and find strength. I created this method to help myself and others who are facing similar struggles, offering them a path to healing and resilience.

What to Expect

In the following pages, you'll learn about the four keys to staying strong while grieving:

1. **Adapt to the New Normal**
2. **Engage in Inner Work**
3. **Practice Self-Care**
4. **Build and Maintain Positive Relationships**

Each key is explained in detail, with practical tips and insights to help you apply them in your own life. Together, these keys and the AIR Method will support you in finding resilience and hope during your grieving process and beyond.

Accessibility and Support

This guide is free because I believe in the power of community and support. Grieving is a personal journey, but you don't have to walk it alone. Let's embark on this journey of resilience together. Turn the page to begin exploring the first key to staying strong while grieving.





Key 1 - Adapt to the New Normal

Grieving changes our world. Accepting and adapting to this new reality is crucial. While it may be challenging, finding ways to adjust can help you move forward and find peace.

Practical Tips:

- **Embrace New Routines:** Establish **NEW** daily routines that bring structure and stability to your life.
- **Allow Yourself to Feel:** Give yourself permission to feel your emotions, whether it's sadness, anger, or even moments of happiness.
- **Honor Your Loved One:** Find meaningful ways to honor and remember your loved one, such as creating a memory box, writing a letter, or participating in activities they enjoyed.

AIR METHOD INTEGRATION:

Adapt: This is the first step in the AIR Method. Learn to navigate your new normal by staying flexible and open to change. Embracing adaptability helps you build resilience and cope with the evolving landscape of your life.



KEY 3 - PRACTICE SELF-CARE

Self-care is essential for maintaining physical, emotional, spiritual and mental health during grief. Prioritizing your well-being helps you cope better and fosters resilience.



Practical Tips:

- **Eat Well:** Maintain a balanced diet to support your physical health.
- **Exercise:** Regular physical activity can improve your mood and energy levels.
- **Get Enough Sleep:** Ensure you have a good sleep routine to rest and recover.
- **Engage in Activities that Bring Joy:** Participate in hobbies or activities that you enjoy and find relaxing.

AIR METHOD INTEGRATION:

Repeat: Consistently practicing self-care is part of the "Repeat" step in the AIR Method. It's about making self-care a regular, integral part of your life.



KEY 4 - BUILD AND MAINTAIN POSITIVE RELATIONSHIPS



Surrounding yourself with supportive and understanding people can provide comfort and strength. Building and maintaining positive relationships is essential for navigating the challenges of grief.

Practical Tips:

- **Reach Out to Friends and Family:** Connect with loved ones who can offer support and understanding.
- **Join Support Groups:** Find communities of people who are also experiencing grief to share experiences and advice.
- **Ask for Help:** Don't be afraid to seek assistance from others when you need it.
- **Share Your Feelings:** Open up about your emotions to those you trust, allowing for mutual support and connection.

AIR METHOD INTEGRATION:

Positive Relationships: Positive relationships are a pillar of resilience in the AIR Method. They provide the support needed to navigate grief.





Embrace the Journey with the AIR Method

Grieving is a personal and often a painful journey, but you don't have to walk it alone. By adapting to your new normal, engaging in inner work, practicing self-care and building positive relationships you can find strength and resilience in the midst of grieving. The AIR Method—Adapt, Inner Work, Repeat—is designed to guide you through this process, helping you not only survive but thrive through your grief.

Call to Action:

Take the first step towards healing and resilience. Join our supportive community [The AIR Method Network](#) and connect with me on social media for ongoing support and insights:

- Instagram: [todays_vibe4.0](#)
- Instagram: [@coachangela_air](#)
- YouTube: [Coach Vibe](#)
- Facebook: [Oya Vibe](#)
- LinkedIn: [Angela Williams](#)

Together, we can navigate this journey and find strength in resilience.
Elevate your life, one AIR Cycle at a time.





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I am Angela Williams, a dedicated Mental Resilience Coach, committed to helping individuals navigate their toughest challenges with compassion and insight. Drawing from my personal journey, I developed the AIR Method—Adapt, Inner Work, Repeat—to provide a structured yet flexible framework for building resilience. My mission is to empower you to find your inner strength and achieve personal growth through tailored coaching, workshops, keynotes, and community support. My dedication to mental resilience is reflected in my ongoing commitment to fostering a supportive and healing environment for all who seek my guidance.

