

# Chicks Talking Shift

Pearls of wisdom from the *Growing through Grief* podcast  
Featuring special guest Erin Browning

## 20 Pearls of Wisdom for Dealing with Grief

1. Shock & loss feel surreal. Remember, there's no right or wrong way to grieve.
2. Practice simple self-care - breathe, hydrate, sleep, walk, cry.
3. Intentional breathwork alleviates stress & down regulates the nervous system.
4. Open-heartedly accepting support is crucial. Allow others to give you that gift.
5. Love is healing & shows up in different ways. Embrace it in all of its forms.
6. Writing is a catalyst for healthy expression that releases the heavier emotions.
7. Healing isn't a straight line. It's an ebb & flow that spirals up, down & all around.
8. Refrain from posting on social media while emotionally charged.
9. Crying is the physical release of emotion. Allow tears to flow freely.
10. When the mind is overwhelmed, make lists as reminders of daily functions.
11. During pity parties, find ways to rise above it to seek higher truths.
12. If shaking/shivering occur, allow that release of traumatic energy from the body.
13. Self-judgement delays healing. Be mindful of self-sabotaging thoughts.
14. Self-reflection is natural. Accept only what's true. Be gentle. Forgiveness heals.
15. Set phone alarms as reminders of things that need to be done.
16. We all experience loss differently. Cut yourself & others some slack.
17. Healing is a practice that beckons constant attention and intention.
18. A desire to tell a new story may arise as an indication of life being reinvented.
19. Sharing your story may inspire others & remind them of their own resilience.
20. When asked "How are you today?" responding with a 1-10 rating allows supporters to instantly gauge unpredictable states of being.

***"You have to get emotionally steady and stable before you can experience that true joy that lights you up from the inside-out."***

~Erin Browning

Embracing change...Elevating consciousness...

Raising the vibes...One chat at a time.

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