


Feel, Release and Honor

Moving through the holidays when grieving

DAILY

The 5-5-5 Rule



5 points of gratitude when you wake up in the morning, as soon as your eyes open, name 5 things you are grateful for. If 5 is too much, start with one and build from there.



5 minutes of movement.



5 minutes of natural light on your face.

WEEKLY

Connect with your Loved One

Reflect on what you want to share with your loved one. Write a letter or journal about it. Use weekly prompts provided if you are looking for a focus.

If you need the weekly letter prompts, please email caral@lovefromheaven.org.

For grief support specific to child loss, visit lovefromheaven.org

For general grief support, visit radaintresiliencecoaching.com



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MONTHLY



Make it a point to connect with others who are experiencing grief, specifically your type of grief, if possible.



Honor your loved one in a way that fosters a sense of connection and purpose for you. When we pour energy into their memory, as we would do if they were still with us in the flesh, it gives us focus and purpose.

AS NEEDED

Express and Release

Find ways that work for you to express your bandwidth of emotions.

Lean on your tried and true methods of release and try some new ones.

Great ways to release are through movement, writing, creativity, building, volunteering, etc.

If you are looking for a complete list of ways to express and release, email carra@lovefromheaven.org

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Writing Prompts to Connect With Your Loved One

week of 11/4



I'm grateful we shared...

week of 11/11



This time of the year reminds me of you because...

week of 11/18



you taught me... I lean on it most when

week of 11/25



I feel most connected to you when...

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Writing Prompts to Connect With Your Loved One

week of 12/2



I honor your memory by...

week of 12/9



I want to share this news
with you...

week of 12/16



This holiday season, please
help me feel more...

week of 12/23



I laugh whenever I think
of you....

week of 12/23



As I step into the New
year, please help me...