Feel, Releage 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 of 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.

connect with your Loved One

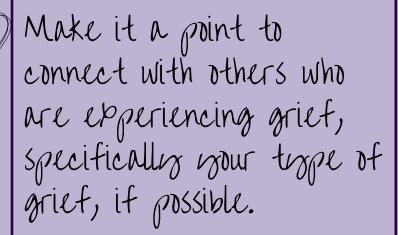
Reflect on what you want to share with your loved one. Write a letter or journal about it. use weekly prompts provided if you are looking for a Focus.

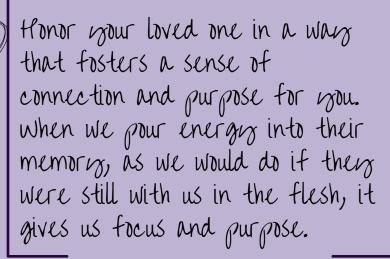
If you need the weekly letter prompts, please email cara@lovefromheaven.org.

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

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MONTHLY





AS NEEDED

Express and Release 7 ind ways that work for you to express your bandwith 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, <u>buil</u>ding, volunteering, etc.

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

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Feel, Releage and Honor Writing Prompts to Connect With Your Loved One

week of 11/4 Z 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...

Feel, Releage and Honor 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 X

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...