

Ask yourself, "What does my grief need?"

Here are 9 things your grief within your trauma needs:

1: TO BE WITNESSED

Grief needs a witness. Someone who can sit with you and not try to change or fix anything you are experiencing. A way to tell your story and address your losses and have someone mirror that pain back to you and validate your experience.

Who are 1-3 people in your life that can be WITNESS to your grief?

2: CHOOSE IN TO THE WORK

Grief will need you to be willing to engage in the hard "work". The work can include a therapist, coach, support groups, support friends, podcasts, books, journaling etc.

Name 1-3 ways you will engage in the "work"



3: TENDING

Grief will need to be tended. Tending is something you do with an infant that needs constant care. A way to gently tend, care, FEEL, and nurse the pain. This is the opposite of denying, dismissing, avoiding and stuffing your pain, or even "staying too busy" to feel the pain.

Name 2 ways you can think of to TEND to your pain

4: INDIVIDUAL

Grief will need to be honored as a unique and individual journey. Learn to let go of expectations of "how this should look" or comparisons to others thinking "I should be further along than I am".

What is 1 expectation or comparison that you could let go of?

5: SAFETY

Grief needs safety to experience the pain and loss. Safety is created by boundaries. Every healthy relationship has boundaries. Think of things you need to request of someone else to create safety (Example: "I need physical space to create my safety again. I ask that you honor this by _____"). Think before responding to any requests for your time and energy and respond with boundaries that keep you safe. (Example: "Thank you for the invitation but that won't work for me right now.")

Name 2 things you could request of someone else that would help you feel safe

6: BREAKS

Your body and mind will need a break, a distraction. You can't stay IN the pain and the chaos ALL the time. It is too much, too overwhelming. Give your body and mind occasional distractions to recoup and recharge. Some examples could be a drive, a breathing exercise, a show, or coloring.

Name 2 ways you will give yourself a break from the pain:

7: SELF-CARE

Grief will need you to be aware of and taking care of yourself through your journey. You will need to explore and experiment to find the things that will REFILL your tank. Find self-care actions for all categories: physical, mental, emotional and spiritual. Physical self-care is one of the most tangible things you can do.

Name 1 form of self care for each category:

- Physical Example: light stretching of body, or listening to soothing sounds while lotioning your hands and "thanking body for holding all this trauma and grief and pain"
 - *Physical Self-Care Idea*

- Mental Example: journaling, processing with safe people
 - *Mental Self-Care Idea*

- Emotional Example: allow emotions, connection to safe people or activities that connect to a variety of emotions
 - *Emotional Self-Care idea*

- Spiritual Example: Written word that connects you to higher power and faith, prayer and meditation, nature
 - *Spiritual Self-Care idea*

8: SELF COMPASSION

Grief will need your compassion. Think of someone you love most in the world: your sister, friend or daughter and picture speaking to them. Now practice feeling, thinking and talking to yourself in that same way. Turn all the compassion, patience, love and soft talk in on YOURSELF. Some compassionate self-talk examples: "I am loved" "I am needed" "It makes sense why I am feeling this way" "I am exactly where I need to be today"

How well do you think you do with being self-compassionate? Do you find it easier to be compassionate with your best friend than yourself?

Name 3 things you could say to yourself to give self-compassion



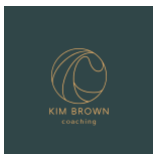
9 POSITIVE MOMENTS

Simply thinking positively or having a better attitude is NOT a miracle cure-all that will fix your grief. But, giving yourself positive moments on a regular basis has a place in our grief and trauma healing. Allow "moments" no matter how small and eventually you will add more and longer moments. The goal in healing is to move to more moments of joy and less pain. Both will ALWAYS exist but healing is when you have more of one than the other. Start by noticing any "win's". (Example of small wins: I showered, I fed the dog, I got the mail) Start noticing some of what is good around you. (Example of noticing positive: Breeze through the trees, Sunshine on my face, lingering hug from my daughter). Notice those moments, be aware of them and ALLOW them to penetrate into you.

Name 2 wins today

Name 2 positive things you noticed

Sending love to you wherever you are on this journey.



Warmly,
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