





12 Tips on how to manage grief this Christmas



One

Acknowledge your grief (Dont try to suppress it)



Tvo

Emotions = Energy in Motion

"We must feel our pain, in order to heal our pain"



Three

Let go of the 'should's" and 'shouldn'ts'



Four

Drop your expectations and meet yourself where you are at



Five

Stop people pleasing & be-aware of your energy bucket



Six

Surround yourself with the people you love.



Seven

Connect with nature



Eight

Stay Connected, however feels good for you

Eat their favourite foods, Play their favourite games, or do their favourite activity's.

(If you feel up to it)



Nine

Communicate Your Needs



Ten

Try Journaling



Eleven

Come back to the present.

Notice the little things you are grateful for



Twelve

Self care, self compassion, self care, self compassion, self care, self compassion, self care, self compassion, self care, self compassion.....

"Give yourself permission to be kind to yourself" "Grief is like a rollercoaster you never chose to be on.

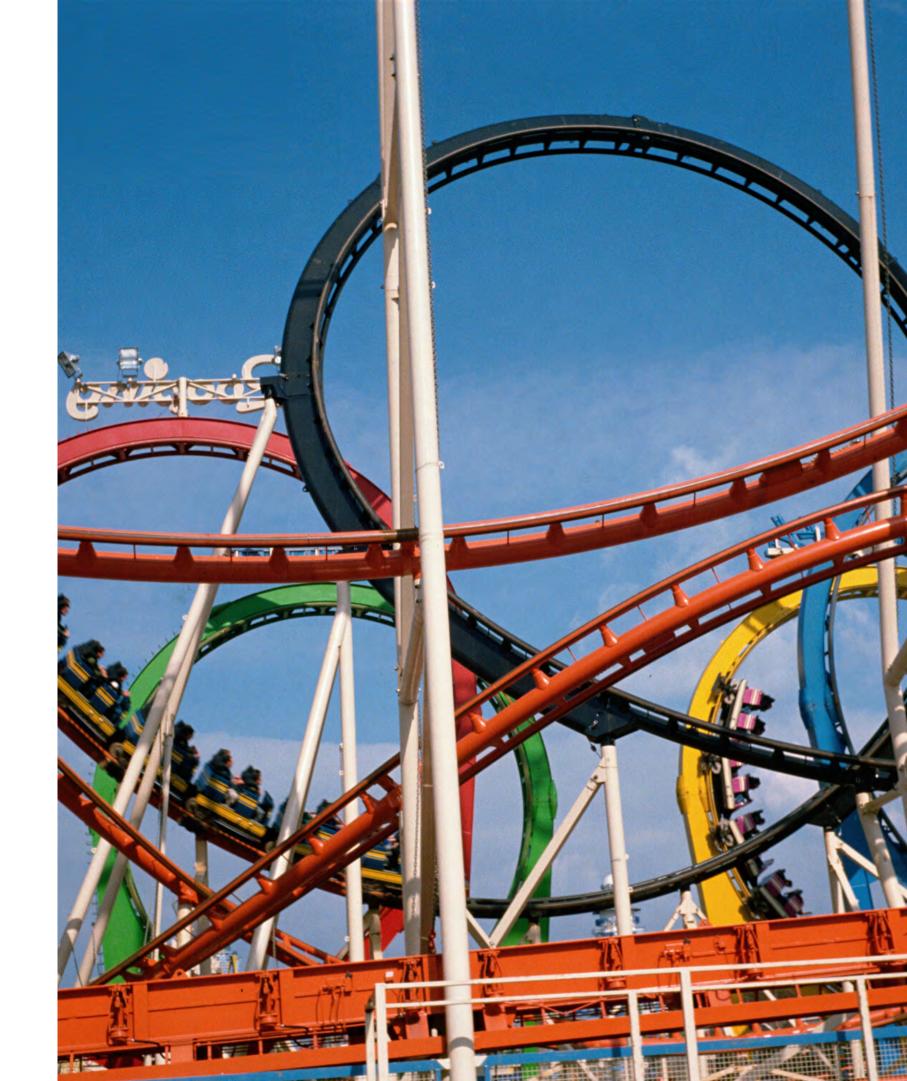
You don't 'get over' it.

You don't wake up in the morning and think 'i'm over that & i'm moving on'.

It walks beside you everyday.

It does adapt, changes and transform into something more bearable."

- Sarah Robb



Christmas Connection





What to do if you need further grief support?











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