



How to cope with Grief this

Christmas

Zoom presentation delivered by Sarah Robb



SPRING
with
SARAH



Grief Centre

support + education





***12 Tips on how to
manage grief this Christmas***



One

**Acknowledge your grief
(Dont try to suppress it)**



Two

Emotions = Energy in Motion

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




Three

**Let go of the 'should's"
and 'shouldn't's'**



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....

"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






Springwithsarah


Q & A

What to do if you need further grief support?



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