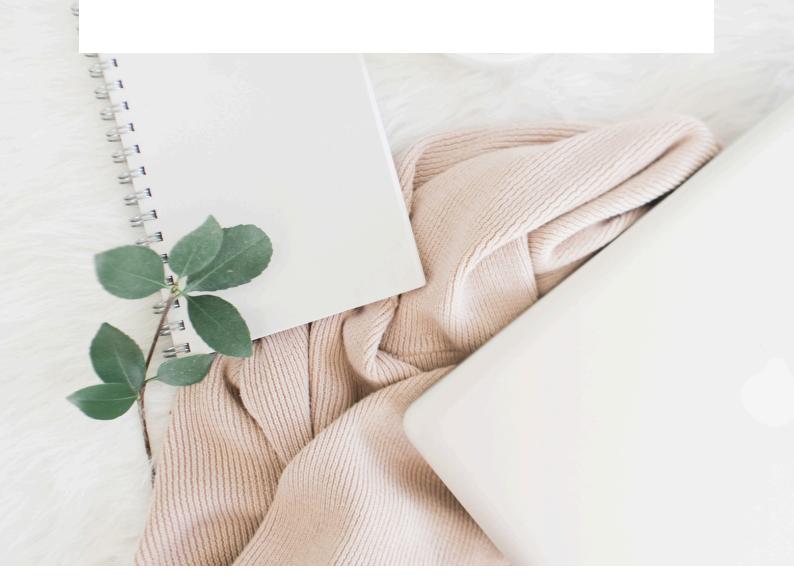
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## 10 Ways to Start Healing After Loss

Danielle Cooper | From Grief to Growth



#### 1. Allow Yourself to Grieve

www.fromgrieftogrowth.com

## "There is no right way to mourn — only your way."

- Normalize the waves of grief.
- Let tears, memories, and silence happen.



✓ Reflection Prompt: What emotion have I been avoiding the most?





# 2. Surround Yourself with Safe Support

- Seek trusted friends, therapists, or coaches.
- Don't isolate even brief moments of connection help.
- Journal Prompt: Who do I feel safe being real with?

## 3. Create a Daily Ritual

## "Grief responds to consistency and care."

- Light a candle, take a walk, meditate
- Let your nervous system feel safe
  - Affirmation: I create space to gently care for myself each day..





## 4. Speak Their Name

## "Keeping their memory alive can be healing."

- Say their name out loud, share stories.
- Talk to them if it feels comforting.
- Prompt: What story do I want to tell about them today?

### 5. Accept Waves of Emotion as Normal

## "Grief is not linear — it ebbs and flows."

- Sadness, anger, peace it's all valid.
- Let each wave rise and pass.
  - Affirmation: I ride the waves, I don't fight them.



### 6. Embrace Spiritual Practices (If Aligned)



"Many find comfort in faith, ritual, or quiet connection to spirit."

- Prayer, meditation, candlelighting, or ancestral honoring.
- Make space for the sacred, if it feels supportive.
- Prompt: What spiritual practice comforts me right now?

## 7. LET YOUR BODY GRIEVE TOO

## "Grief lives in the body — movement helps release it."

- Try yoga, stretching, walking, or breathwork.
- Feel where your body holds grief.
  - Prompt: Where am I holding tension or pain today?

"Yoga is esentially a practice for your soul, working through the medium of your body."

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#### 8. SPEND TIME IN NATURE

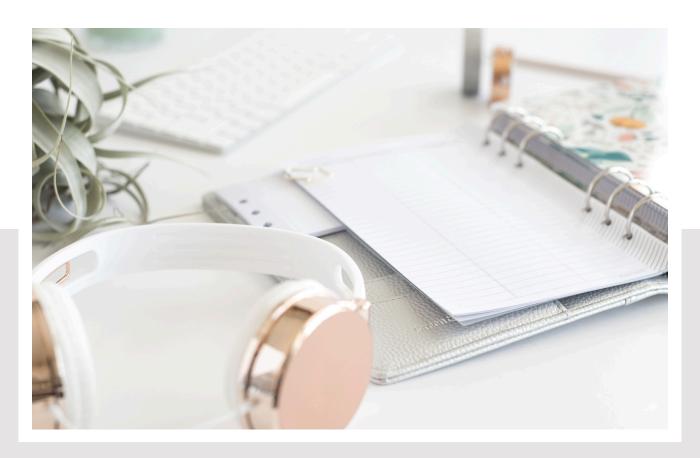
"Nature reminds us of the cycles of life."

- Go outside, observe the stillness and change.
- Let the earth hold you.
- Prompt: What did I notice in nature today that brought me peace?



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# 9. JOURNAL YOUR EMOTIONS WITHOUT JUDGMENT



### "Writing helps the heart speak."

- Don't edit yourself let your truth out.
- Write letters to your loved one.
- Prompt: If I could say one thing to them today, what would it be?

# 10. SEEK SUPPORT FROM A GRIEF COACH OR THERAPIST



#### "You don't have to do this alone."

- Healing is deeper with a guide.
- Be seen, heard, and supported.
  - Book a free discovery call at www.fromgrieftogrowth.com