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10 Ways to Start Healing After Loss

Danielle Cooper | From Grief to Growth




1. ***Allow Yourself to Grieve***

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"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, candle-lighting, 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 essentially 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.fromgriegtogrowth.com