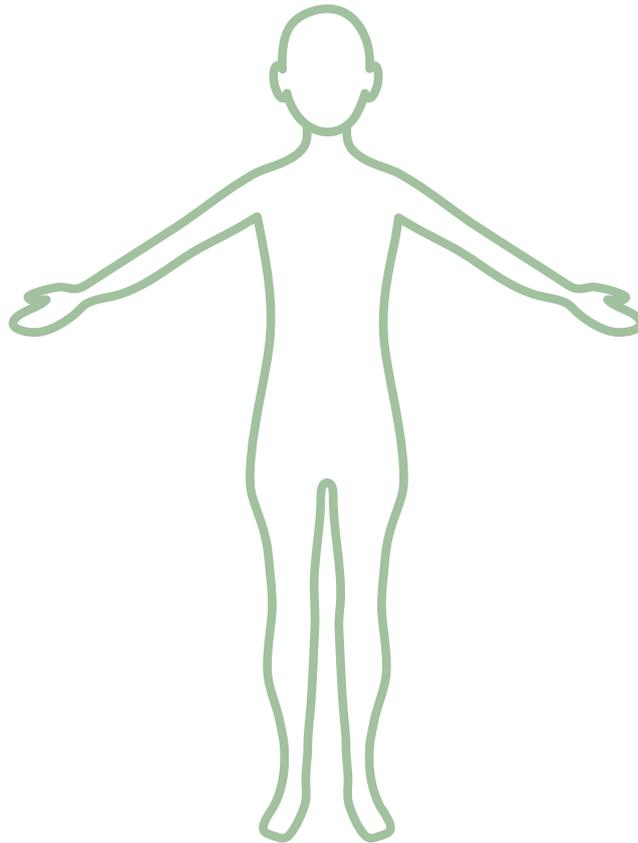


GRIEF *in my* BODY

We may know that grief is not *just* an emotional experience, but we may still find ourselves asking, "Why am I so tired today?" or "Why does my throat feel so tight?" Gently check in with yourself whenever you are having some issues in your body. Are they purely physical? Could there be an emotional connection to these physical sensations? What do we need to help with it?

Take time to do a body scan and just jot down some reminders for yourself when something comes up. At the end of the body scan, look at your markings and dig into it a bit to see if there are any insights you can gain. Maybe make some notes to come back to at a later date.



Please note:

We always encourage individuals to check in with a medical professional if they are having concerning physical symptoms. Please monitor this wisely for yourself.