

Honoring MYSELF throughout Grief

Grief can shake up our lives in ways we can never fully prepare for. So many of our long held beliefs or views about ourselves and the world we live in, may seem as though they just don't make sense like they used to.

This is not the time to criticize ourselves for doing our best in a really difficult time in life. Let's take time to mindfully look inward at aspects of yourself that feel solid, ones that may be strained or struggling, and even new parts of you that you may never have encountered before.

Take some time to note different aspects of yourself here. Please remember to do this with curiosity, not judgement. Our struggles through grief should be met with compassion and love for ourselves, so we can grow through these times. You are doing the best you can with what you have, and you should be proud of that. We will meet each new challenge when it arises.

