

Episode Notes

HEAVY GRIEF DAYS

REFLECTION:

These heavy grief days are hard, but with planning there can be moments of remembrance and healing. Don't let them just happen to you.

These special days are tough but they do get easier as time goes on and we take actions to heal our hearts. Remembering our loved one on these days and feeling the emotions is actually part of the healing process. And planning for them gives you a sense of control at a time when things can feel very out of control. This is a wonderful exercise to include children in

STEPPING STONE:

- Download the worksheet or make your own list of days you know are going to be especially tough.

- Either by yourself or as a family, decide how you want to acknowledge those days.

HEART CHECK

Date:

What have you been thinking and feeling today?

