

Episode Notes

THE GRIEF LETTER

REFLECTION:

You hold the key in getting the support and understanding you want. Kindly tell people what you need - because, they have no idea, just like many of us before we lost our loved ones.

STEPPING STONE:

- Make a list of the things you think your friends and family need to know that could help them understand you.

- What would be the best way you could share this - email, Facebook, text, letter?

- Write it in a kind way and make sure it is not too long and to the point. Lists are good!

HEART CHECK

Date:

What have you been thinking and feeling today?

