

Episode Notes

THE GRIEF JOURNEY: SURVIVING

STEPPING STONE:

Find a quiet place and contemplate where you are in your grief journey. Are you still in survival mode? If so, take some time to examine the suggestions above. Pick out 1 or 2 that you could focus on in the next few days.

If you remember being in the surviving phase, but sense you are in a bit better place now, you are probably ready to move to the next video on the journey phases - the existing phase. Watch that next when you have 10 minutes to spare.

HEART CHECK

Date:

What have you been thinking and feeling today?

