

Episode Notes

CREATING BRIGHT SPOTS IN THE MIDST OF GRIEF

KEY POINT:

Even in the midst of this pain, there are steps we can take towards healthy grieving, by creating opportunities for us to have bright moments - even if they don't last long. They are so good for us.

STEPPING STONE:

What could you do that could give you life and a skip in your step? What could bring you hope and excitement merely from the anticipation?

HEART CHECK

Date:

What have you been thinking and feeling today?

