

Episode Notes

GRIEVE ALONE

REFLECTION:

Sharing your pain with someone does not make it disappear, but it can make it more bearable. Reaching out to others for help will keep you connected at a time when all you may want to do is hide or isolate. Having connection, community and witness can help you heal and provide validation and comfort.

You don't have to do this alone!

KEY POINT:

Though some of your grief moments will be and should be private, this is not a journey that was meant to be done alone, and having people to share your grief with is an essential part of the healing process.

STEPPING STONE:

- Is there anyone in your life you can safely share your painful emotions with?
- If not, what could you do to establish a connection - reach out to a friend or a counselor, join an in-person or online support group or community?
- If you have no idea where to start looking for support, please check out our resource page.

HEART CHECK

Date:

What have you been thinking and feeling today?

