

# Episode Notes

## STAY BUSY

### REFLECTION:

*Those who avoid, who block, or try to hide from, their pain eventually realize that painful emotions reside within us and demand recognition and expression. These thoughts and feelings can never be extinguished other than facing them, examining them, and speaking of them.*

### KEY POINTS:

- Keeping busy isn't a viable strategy for healing.
- Staying busy to avoid pain is just a postponement of the inevitable.
- The pain of grieving must be acknowledged, examined and expressed.

### STEPPING STONE:

If you find yourself filling in almost every moment of your day, ask yourself this question:

“What would it be like if you gave yourself the gift of resting, thinking about your loss and journaling your thoughts during this season of mourning?”

Then consider giving it a try. How will you feel afterward?

### HEART CHECK

Date:

What have you been thinking and feeling today?

