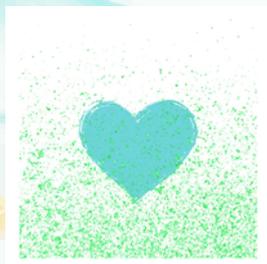


# Support Through Grief

A gentle,  
heart focused guide  
to help you find support,  
moment by moment.



Josie Wood  
Grief and Loss Counsellor & Life Coach  
[www.grievingandsupported.com](http://www.grievingandsupported.com)

Hello, thank you for reading this.

If you are here, you are grieving.  
And you are doing your best to carry it.

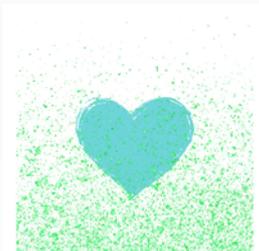
Grief can feel overwhelming, exhausting and lonely. But it can also be met with kindness, steadiness, compassion and care. I'm here to help you do that. In fact we'll do it together.

This guide will give you a few gentle ways to support yourself while you are grieving – practices that can help you feel a little safer, a little less exhausted, and a little less alone.

You don't have to take in everything in at once.  
Just read the words slowly. Try what feels right.  
Leave the rest.

*'We run from grief  
because loss scares us,  
yet our hearts reach toward grief  
because the broken parts want to mend'*

*Brené Brown*



## Listening to Your Deep Heart

Your deep heart is more than your emotions. It is the wise, caring part of you that can hold both sorrow and love. When you turn toward your deep heart, you may begin to feel more grounded, able to take a deep, relaxed breath, and a little less alone.

### Reflection Prompt

- Place your hand over your chest. Close your eyes. Breathe slowly as if in and out of your heart. Feel your shoulders ease and your body relax as you drop down into a safe, comforting space inside you.
- Ask softly inside: "What does my heart say I need most right now?"
- Write down or whisper the first words that come.

### Try This for Heart Connection

Take a few minutes today to sit quietly with your deep heart. This is the part of you that can hold all your pain and bathe it in love. Imagine it as a safe room, a sanctuary inside you. Notice its textures, its colours, its warmth. Let yourself rest there now.

Return often. Become familiar with it, so you know it is always available to comfort you when you need it, like a loving friend.



## Compassion and Self-Care

Grief often brings self-criticism, with our self talk including things like... 'I should be stronger. I should be coping better. I don't want to bother other people.' But what if you spoke to yourself the way you would speak to a close and dear friend? How would you talk to yourself differently?

### Words of Kindness - A Practice

- Wrap your arms around yourself in a big hug.
- Say to yourself: 'This is hard. And I'm doing my best.' Try out different phrases and see what helps the most.
- Repeat a few times, noticing the softness it brings, and how you might be able to breathe more easily.

### Try These Little Acts of Care if You Feel Overwhelmed

- Drink water slowly, noticing its coolness.
- Wrap yourself in a blanket and breathe deeply.
- Go outside, even for a moment, to feel the air on your skin.

These simple gestures – breathing deeply, noticing sensations, or wrapping yourself in warmth – remind your whole being that you are taking care of it.



## Your Body's Needs

Grief doesn't only live in the mind. It shows up in the body - tight shoulders, heavy tiredness, restlessness. Your body needs gentleness, too. It needs to feel safe, nurtured and supported. This sort of practice can help your body as it carries the emotional load of your grief.

### Grounding - A Practice

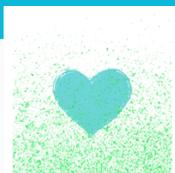
- Sit or stand with your feet flat on the floor.
- Press your toes down gently.
- Feel the ground holding you steadily.
- Breathe in through your nose, out through your mouth, relaxing as you do.
- You might notice how this helps you feel calmer, safer and gently supported.

## Try This to Soothe Your System

Whenever you feel overwhelmed try...

- Touching something with texture such as stone, fabric, wood.
- Taking three slow breaths.
- Looking out of the window and noticing something in nature.
- Saying silently...'I am safe in this moment.'

These are gradual steps out of spinning, stressful thoughts and into a calmer state.



## Finding Some Light in the Darkness

Even when your heart is aching with deep sadness, small moments of light can appear – a call from a friend, a bird singing, a thoughtful gesture. Noticing them doesn't mean you are forgetting your grief. It means you are learning to hold both grief and life together.

### Reflection - A Practice

At the end of today, ask yourself...

- What moment brought me the tiniest bit of comfort?
- Was there something that made me smile, even while the grief was hurting inside?
- What can I remember tonight that gives me a sense of the presence of love?

### Try This to Anchor Comfort

Keep a small pebble, shell, or token with you. Whenever you notice a moment of calm or comfort – a kind word, a shared smile, a soft breeze – hold your pebble and let it anchor that warmth inside you. Let the tactile sensations of your token, pebble or shell soothe you.

Notice how over time, the pebble itself is a source of comfort.



## I Hope...

this little guide brings some comfort.

It is just a small window into some of the things that can support you as you walk this hard and painful road of grief.

They don't take away the rocks and the craters in the road, but it's a bit like having better shoes for the journey. Things that support you when the overwhelm becomes too much. Simple things that you can do for yourself if you are feeling lost or anxious...and your heart is aching.

Reach out to me for further help.

I am here right beside you on that painful path. Here to help you navigate the deep ruts that might otherwise drag you down or the boulders that seem impossible to get over.

You are not on your own with this. I'm here to help you...feel safe enough to grieve.

