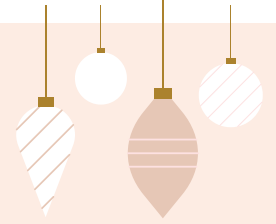


THE HOLIDAY GRIEF RELIEF KIT



Why I created this Kit:

THE HOLIDAYS CAN BE A COMPLICATED TIME WHEN YOU'RE GRIEVING SOMEONE YOU LOVE, BRINGING FEELINGS OF LONELINESS, OVERWHELM & DESPAIR. I KNOW HOW IMPORTANT SUPPORT CAN BE TO HELP LIGHTEN THE HEAVINESS - EVEN IF FOR JUST A FEW SHORT MOMENTS.

THESE PRACTICES WERE CREATED TO OFFER WARMTH AND SPACE FOR YOU AMIDST THE INTENSITY. USE THEM AS A PERMISSION SLIP TO TURN DOWN THE HOLIDAY NOISE, POUR INTO YOURSELF AND BE PRESENT WITH YOURSELF AND WHATEVER FEELINGS ARE COMING THROUGH.

Included in this kit:

- A GUIDED MEDITATION FOR HOLIDAY GRIEF RELIEF
- 10 JOURNAL PROMPTS TO HELP YOU PROCESS YOUR GRIEF
- 10 THINGS YOU CAN DO RIGHT NOW TO GROUND YOURSELF

How you should use it:

Guided Meditation:

- AS OFTEN AS NEEDED-
1X /DAY 4-5X/WEEK RECOMMENDED.
- make a ritual out of it by lighting a candle and getting comfy in your space or as needed in an emergency situation, like a family gathering when the overwhelm starts to hit! Sneak away to the bathroom, pop some ear buds in and give it a listen to help ease & ground your triggered nervous system.

Journal Prompts:

- 1-2 PROMPTS/DAY.
- Make it a ritual. Routines help create a sense of grounding and safety by being something that is consistent in our lives. I recommend JOURNALING first thing in the morning w/ coffee or at bedtime.

Actions You Can Take Right Now:

- Use as needed whenever immediate relief is necessary and you don't have the time or bandwidth for a proper practice. Glance at the list and pick one THING YOU can do on the spot to help provide relief from a grief wave.



JOURNAL PROMPTS



Journaling is one of the best ways to relieve grief and channel the all consuming thoughts and feelings that come with it. My morning journaling practice is still one of the most powerful tools I have for working through grief & loss and has been ever since the earliest days of DEEP grief.

Write anything and everything that comes to your mind, don't worry whether it makes sense or not, just write it and keep going.

I recommend doing 1-2 prompts per day and making a little ritual out of it, either in the morning or at night. But if you're experiencing a wave and need instant relief, get your pen and pour your feelings out onto the page no matter what time it is.

1. What is out of my control right now? What is within my control right now?

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2. What ways did my partner make me feel loved that I'm missing? How can I offer that kind of love to myself?

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3. What ways did my partner make me feel supported? How can I find ways to give that same kind of support to myself?

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4. What are my expectations for the Holidays this year? Which of those feel helpful to me, and which ones do not? Which ones can I give myself permission to let go of?

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5. What Holiday traditions did my partner and I enjoy the most together? Which ones would feel nice to continue this year in their honor? Which ones would feel better to skip?

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6. What things do I enjoy doing even when I'm feeling sad and having a bad day?

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7. How can I make this a healing time for me?

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8. What things can I give myself permission to say YES to?
What things can I give myself permission to say NO to?

Yes List

No List

9. I love myself and am proud of myself for _____
(Nothing is too small or big. It can be as simple as getting up today, doing this journal exercise, or going for a walk outside).

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10. This grief I feel is a reflection of the love I have for them. How can I pour all this love I have to give back into myself, my life, and/or the other people and things I also care about?

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10 Things You Can Do RIGHT NOW to Regulate Your Nervous System

Pick one thing from this list to do when you need immediate relief and don't have the time or bandwidth for anything else

- 1. BREATHE! Take 3 Deep Breaths -**
Inhale for 4 counts, Exhale for 4 counts
- 2. Go for a Walk**
Fresh air and/or a change of scenery does wonders
- 3. Make Your Bed / Tidy Up**
Focusing on little things you CAN control helps
- 4. Scream Into a Pillow**
As loud as you can! Give it all your anger & tears!
- 5. Sit in the Sunlight**
Find a cozy spot, sit & feel the sun on your skin.
- 6. Stop Scrolling!**
a social media detox = less Holiday triggers & adrenal fatigue
- 7. Wash your Face or Take a Shower**
Fresh water helps you get out of your head & into your body
- 8. Clear your schedule**
Cancel the plans, reschedule the meeting, take time for you!
- 9. Create a Morning Routine**
Nothing fancy. Savor your coffee, Make bed. Go Slow.
- 10. Get a Massage or a Pedicure**
Touch releases feel good hormones - dopamine, serotonin & oxytocin that help us cope with stress

Stay connected for More Support



[IG @theremarriedwidow](https://www.instagram.com/theremarriedwidow)



[TikTok @the.remarried.widow](https://www.tiktok.com/@the.remarried.widow)



angelajean yoga@gmail.com

Hi Friend,

I'm sorry that you're here, but I'm happy that you're actively seeking support through your loss. My name is Angela, and I'm a widow, mom of 3, a yoga teacher, certified trauma specialist and grief coach. I've taught yoga for over 17 years, studied with leading trauma researcher & author Dr. Bessel van der Kolk and have trained celebrity clients, but none of that compares to the depth of yoga I had to practice in order to survive the tragic & unexpected death of my husband, Patrick, 4 years ago. Being left a widowed mom at 35 tested my inner strength in ways unimaginable. My yoga & meditation practice allowed me to navigate grief with a little more grace and get through the darkest days without losing sight of hope.

Navigating grief and partner loss has been a huge & recurring theme in my life (prior to being widowed, I had a fiance leave me right before our wedding). Through these heartbreaks and tragedies, it's always been my spiritual practices that have gotten me through and that continue to do so each and every day.

In my signature program, the WRISE Method, I teach you REAL practices, tools and skills needed to process your grief with guided yoga, movement, sound, meditation & breath work (recorded and live) that work to restore balance to the nervous system. You receive lifetime access to the course and connection with a community of widows who GET it, so that when the waves of grief hit, life challenges arise & secondary losses hurt, in the months, years, and even decades to come, you are well equipped to handle them. By learning the practices & tools I use and teach everyday (developed from my 17 years of teaching + training as a certified trauma specialist and my 14 years personal experience with life altering grief & loss), you will navigate life after loss as an empowered and skillful self healer and find ways to turn your pain into powerful wisdom and purpose.

To learn more about the WRISE Method, connect with our community & receive more support, follow along on instagram [@theremarriedwidow](https://www.instagram.com/theremarriedwidow) and TikTok [@the.remarried.widow](https://www.tiktok.com/@the.remarried.widow).

Wishing you peace, love & healing Friend,

xo Angela