

# Living With Grief in The New Year

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# Deep Bow Of Gratitude

- ♥ Buddhist Tradition
- ♥ Hindu Tradition
- ♥ Phoenix Rising Yoga Therapy
- ♥ Thanatology (Hood College)
- ♥ Client Interviews
- ♥ Mentors & Teachers
- ♥ My Dog Aerial





# A few things...

- Turn off your phone and distractions.
- Follow along with the worksheet.
- Questions? Type them in the chat with the word "QUESTION" first.
- This is a live event to ensure privacy and create a safe space for sharing. Please be kind.
- Stay until the end for live Q&A and for a special offer.

# Create a year that supports your well-being and honors your loved one.

- ♥ Plan to tend to your grief to reduce anxiety and distress.
- ♥ Learn strategies to cope with grief triggers and emotional waves.
- ♥ Release common grief myths that hinder your progress.
- ♥ Prepare for anniversaries and milestones with a step-by-step guide.
- ♥ Build resilience with self-care routines that support your well-being.

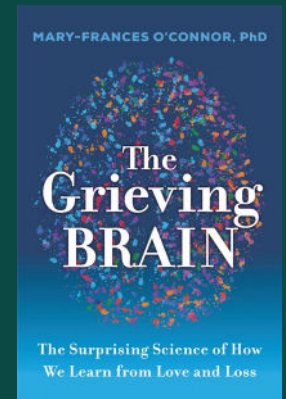
# Why Plan for Your Grief in the New Year?

- ♥ We plan for work, vacations, and other goals—so why not plan for our well-being?
- ♥ Restores control over the parts of your experience within your power, helping you release what lies beyond your control.
- ♥ Acting with intention creates meaning and nurtures the continuing bond you have with your loved one and the relationship to yourself.
- ♥ This is your chance to learn and create a roadmap for a healthier, more compassionate 2025 even in the wake of grief and loss.

“Grief is a heart-wrenchingly painful problem for the brain to solve, and grieving necessitates learning to live in the world with the absence of someone you love deeply, who is ingrained in your understanding of the world.”

## **Mary-Frances O'Connor**

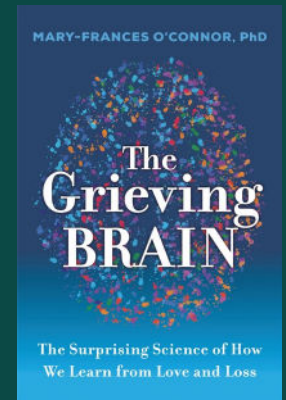
*The Grieving Brain: The Surprising Science of How We Learn From Love and Loss*



“Because learning is something we do our whole lives, seeing grieving as a type of learning may make it feel more familiar and understandable and give us the patience to allow this remarkable process to unfold.”

## **Mary-Frances O'Connor**

*The Grieving Brain: The Surprising Science of How We Learn From Love and Loss*



# Skillful Ways To Cope With Triggers

- ♥ **Grounding Techniques:** Focus on your senses
- ♥ **Mindful Breathing:** Slow, deep breaths or simple, natural breaths
- ♥ **Mindful Movement:** Walking, yoga, dancing, shaking
- ♥ **Social Connection:** Reaching out to someone who gets it
- ♥ **Creative Expression:** Journaling, crafting, drawing



# Watch out for unhelpful grief myths...

## ♥ Time heals all wounds

(it is what you do with your time that matters)

## ♥ You just need to stay busy

(it is helpful to oscillate back and forth between tending to grief and living your life)

## ♥ There are 5 stages of grief

(grief is non-linear and unique to the relationship you are grieving)

## ♥ If you are not crying you are in denial

(the energy of grief can be expressed in many ways)

## ♥ You need to move on

(you find a balance between living and loving them always)

# It Isn't About Moving On....

Missing them is completely normal, and it will change over time. It's not about forgetting them—as if you ever could. We don't stop loving just because they're no longer physically close. You'll still find yourself talking to them, wondering what they'd say, and carrying their love with you. That connection doesn't disappear—it just evolves.

This is the essence of **continuing bonds** (Klass, Silverman, & Nickman)—holding onto the love, the conversations, and the memories, even as you find a way to start living again. You don't have to 'let go' to live a meaningful life; it's about integrating their presence in a way that allows you to honor them and live fully.

# Planning For Special Days

- ♥ **Anniversaries and milestones, like birthdays or the day of a loved one's passing, can bring strong emotions.**
- ♥ **These moments can be hard, but they're also opportunities for reflection and connection.**
- ♥ **A thoughtful plan can help you navigate these tender days with intention.**
  - ♥ Step 1: Chart Your Grief Timeline
  - ♥ Step 2: Plan for Special Days

# The Grief Anniversary Worksheet

- ♥ Acknowledge Your Grief Reactions
- ♥ Reflect on Personal Memories
- ♥ Gather Meaningful Objects
- ♥ Ask for Support
- ♥ Create a Ritual or Tradition
- ♥ Assess Your Coping Tools
- ♥ Create a Self-Compassion Mantra

The Grief Anniversary Worksheet  
Name \_\_\_\_\_  
Year \_\_\_\_\_

Experience: What types of anniversary grief reactions are you currently experiencing or do you anticipate?

EMOTIONAL	PHYSICAL	SOCIAL
BEHAVIORAL	SPIRITUAL	OTHER

Memories: What do you want to remember and acknowledge on this special day?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Objects: What objects, photos, scents, jewelry, music, or other elements do you want to have with you on this day?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Learn more at [heatherstang.com/special-day-planner](https://heatherstang.com/special-day-planner)  
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The Grief Anniversary Worksheet  
Name \_\_\_\_\_  
Year \_\_\_\_\_

Activities: What types of rituals, actions, or new traditions will you implement to honor this special day? In the left hand column make a list. Use the right frame to sketch out any losses you have.

Who do you want to connect with?  
\_\_\_\_\_  
\_\_\_\_\_

Who do you want to avoid?  
\_\_\_\_\_  
\_\_\_\_\_

Are there a few rituals, ways you can redirect your attention or distract yourself if you feel  
\_\_\_\_\_

Write down a kind and comforting sentence that you can say to yourself to cultivate a  
\_\_\_\_\_

Learn more at [heatherstang.com/special-day-planner](https://heatherstang.com/special-day-planner)  
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# The Grief Anniversary Calendar

- ♥ This is a perpetual calendar
- ♥ For each special day, write the date, name, event, and year it occurred
- ♥ Use this to:
  - ♥ Understand seasonal mood shifts
  - ♥ Plan special events, days off, time with loved ones



# How Build Resilience Day-to-day

- Tend to your grieving body
- Learn to oscillate between grief and life
- Befriend yourself (give yourself what you need)
- Find meaning and purpose (this comes later)
- Find people who understand (friends & grief groups)
  
- Set Realistic Expectations for Yourself – Grief Is Hard!





# Living with Grief

MINDFUL MEDITATIONS AND  
SELF-CARE STRATEGIES  
FOR NAVIGATING LOSS

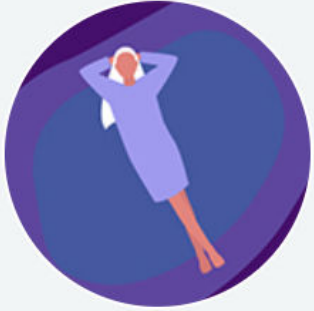
heather stang

“Rather than turn our back on our own suffering, we treat ourselves as we would a beloved friend. We take the time to pay attention to the physical sensations, thoughts, and feelings that accompany our pain.”

*From Living with Grief (p. 15)*

# The Mindfulness & Grief System

Practical Steps to Cope with Grief and Build Resilience



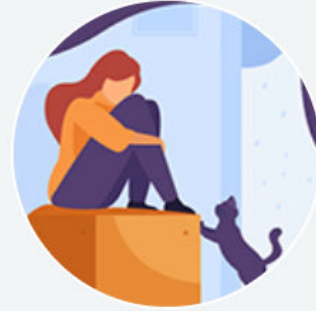
## Conscious Relaxation

Self-care for your grieving body



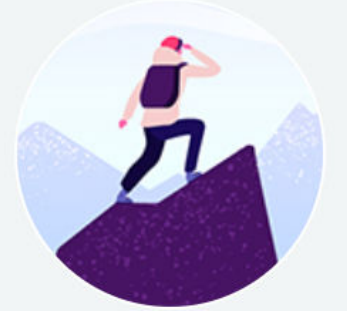
## Mindfulness For Grief

Peace in the present moment



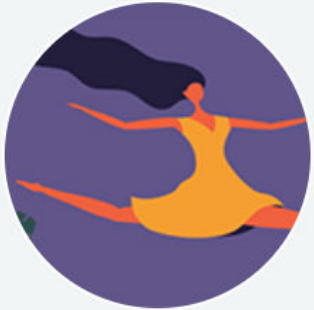
## Compassion For All

Care for Yourself & Others



## Skillful Courage

Harness Your Strength & Vulnerability



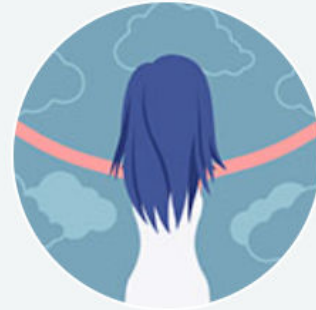
## Getting Unstuck

The Space You Need to Move Forward



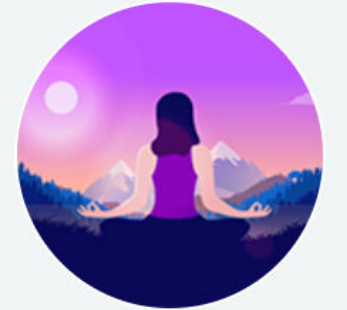
## Continuing Bonds

Cherish The Love That Remains



## Allowing Transformation

Rewrite Your Life's Story



## Perpetual Mindfulness

A Healthy Lifestyle For Grief & Beyond



# Get your free 14-day trial to Awaken

- “Awaken is the best thing I have done to help me get through losing my mom. The meetings are the most important things on my calendar each week. With Awaken, I don’t feel alone in my grief.” — K.R.F.
- “Awaken has been a lifeline over the past year in coping with the death of my husband. Heather’s wisdom about the grieving process helps to normalize all that we experience as we move through it.” — S.A.
- “This course has brought me back to a mindfulness practice and has been instrumental in my finding peace and equanimity with the loss of my husband.” — H.K.S.
- “I am starting to live with my grief and be able to think about a future again. The program has given me hope that I will get there, in my own time and with the help of Heather and my companions in the online sessions.” — Alexis