

# YOUR ROADMAP TO HEALING FROM LOSS



Mindfulness

Movement

Community



# CREATING YOUR MAP

Certain places are hard to find. If you've never been there before you need a map to show you the way. This roadmap to healing will give you a clear path forward as you heal from loss.

This map will guide you to three destinations on the journey to healing; mindfulness, movement, and community.

Dr. John Delony defines grief as “the gap between how we thought life would look and how it actually turned out.” This roadmap isn't just for people experiencing the death of a loved one. If you lost your job, life at 40 isn't what you thought it would be, or you're going through a divorce, this roadmap can help clear the clutter in your mind and get you moving again.

If you're looking for a supportive community of people who will walk with you, attend one of our in person Moving Through Grief Workshops. Visit [getmovingthroughgrief.com](http://getmovingthroughgrief.com) for more details.

# YOUR CURRENT LOCATION

\*Mindfulness shows us where we are. This is like when your GPS gets a fix on your current location. Answer the questions below to find your current location before you start driving.

How are you feeling today?

What is one thing you miss about your life before loss?

What things have been different since the loss?

Who are the people supporting you today?

How will you take care of yourself today?

# YOUR VEHICLE

\*Movement: For many grief only lives in the head. We assume knowing about grief is the same as the act of grieving. It is not. Physical Movement is a great way to begin healing.

Movement of the body can help a grieving person in several ways:

**Physical Release:** Grief often manifests physically, leading to tension and discomfort in the body. Movement, through yoga or other forms of exercise, can help release this tension, promoting relaxation and physical well-being.

**Emotional Expression:** Movement provides a non-verbal outlet for expressing emotions. It allows individuals to channel feelings of sadness, anger, or frustration into physical action, offering a release valve for pent-up emotions.

**Mind-Body Connection:** Movement practices like yoga emphasize the connection between the body and mind. By engaging in mindful movement, individuals can become more attuned to their emotional state and better understand how grief is affecting them physically and emotionally.

**Distraction and Focus:** Movement provides a temporary distraction from the intensity of grief, allowing individuals to focus their attention on the physical sensations of their body or the rhythm of their breath. This shift in focus can provide moments of respite from overwhelming emotions. Below are a few ideas. Any activity outdoors has added benefits.

Yoga	Weight lifting	Golf	Dance
Rucking	Walking	Pilates	Breatwork
Hiking	Swimming	Zumba	Cooking
Biking	Watersports	CrossFit	Massage

# TAKE SOME FRIENDS

\*Community support plays a vital role in helping grieving individuals feel understood, supported, and less alone during one of the most challenging times in their lives.

Community support can be invaluable for a grieving person in several ways:

**Emotional Support:** Being part of a community provides grieving individuals with a network of people who understand and empathize with their experience. Sharing feelings and memories with others who have gone through similar losses can help validate their emotions and provide comfort.

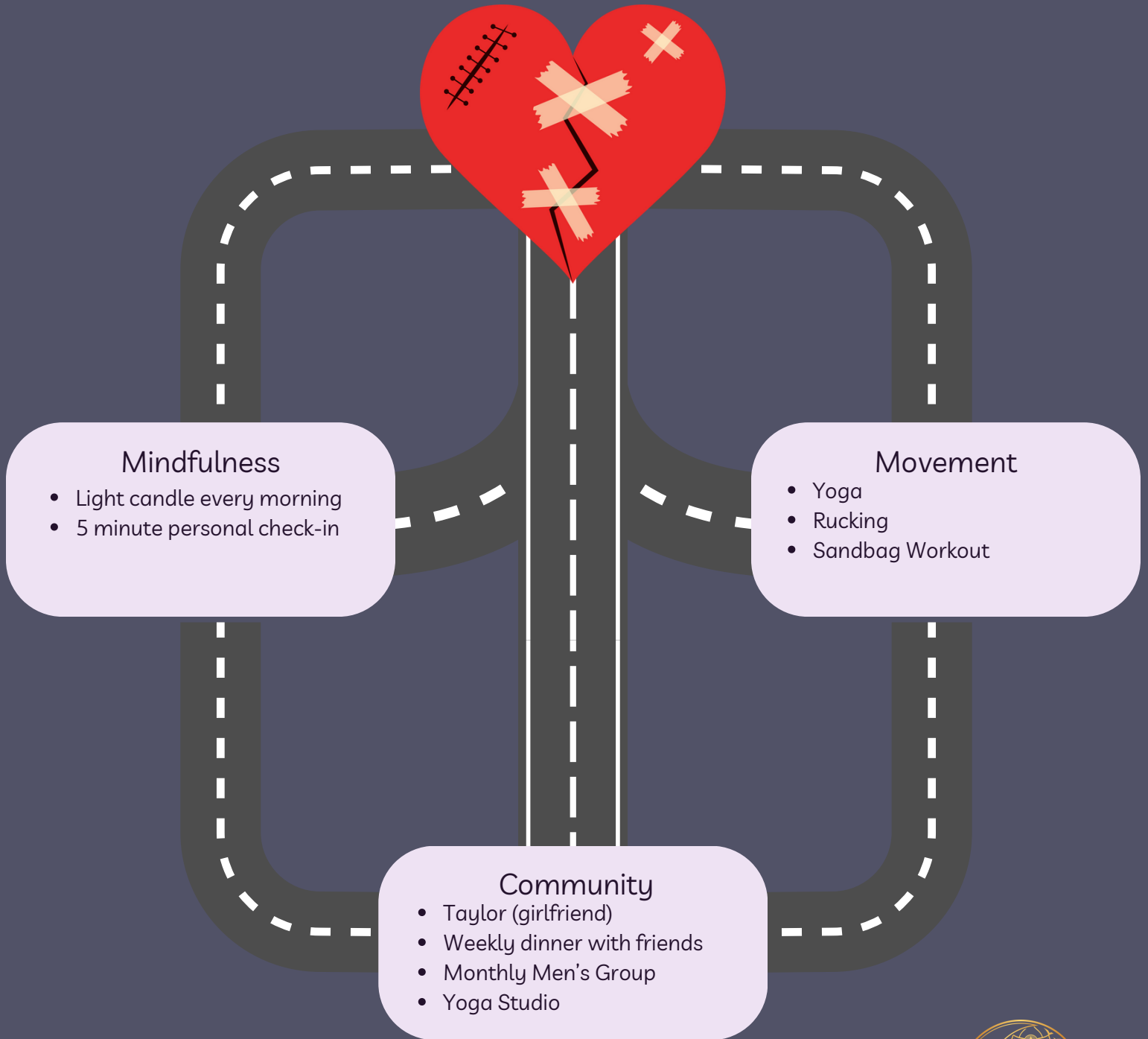
**Practical Assistance:** Community members often offer practical assistance, such as helping with daily tasks, preparing meals, or providing transportation. These gestures of support can alleviate some of the burdens of daily life, allowing grieving individuals to focus on their healing process.

**Social Connection:** Grief can be isolating, but being part of a community helps combat feelings of loneliness and isolation. Engaging in social activities and spending time with others can provide much-needed companionship and a sense of belonging.

**Long-Term Support:** Grief is not something that can be resolved quickly, and ongoing support from a community can be essential for long-term healing. Community members can continue to check in on grieving individuals, offer support as needed, and provide a sense of continuity and stability as they navigate their grief journey.

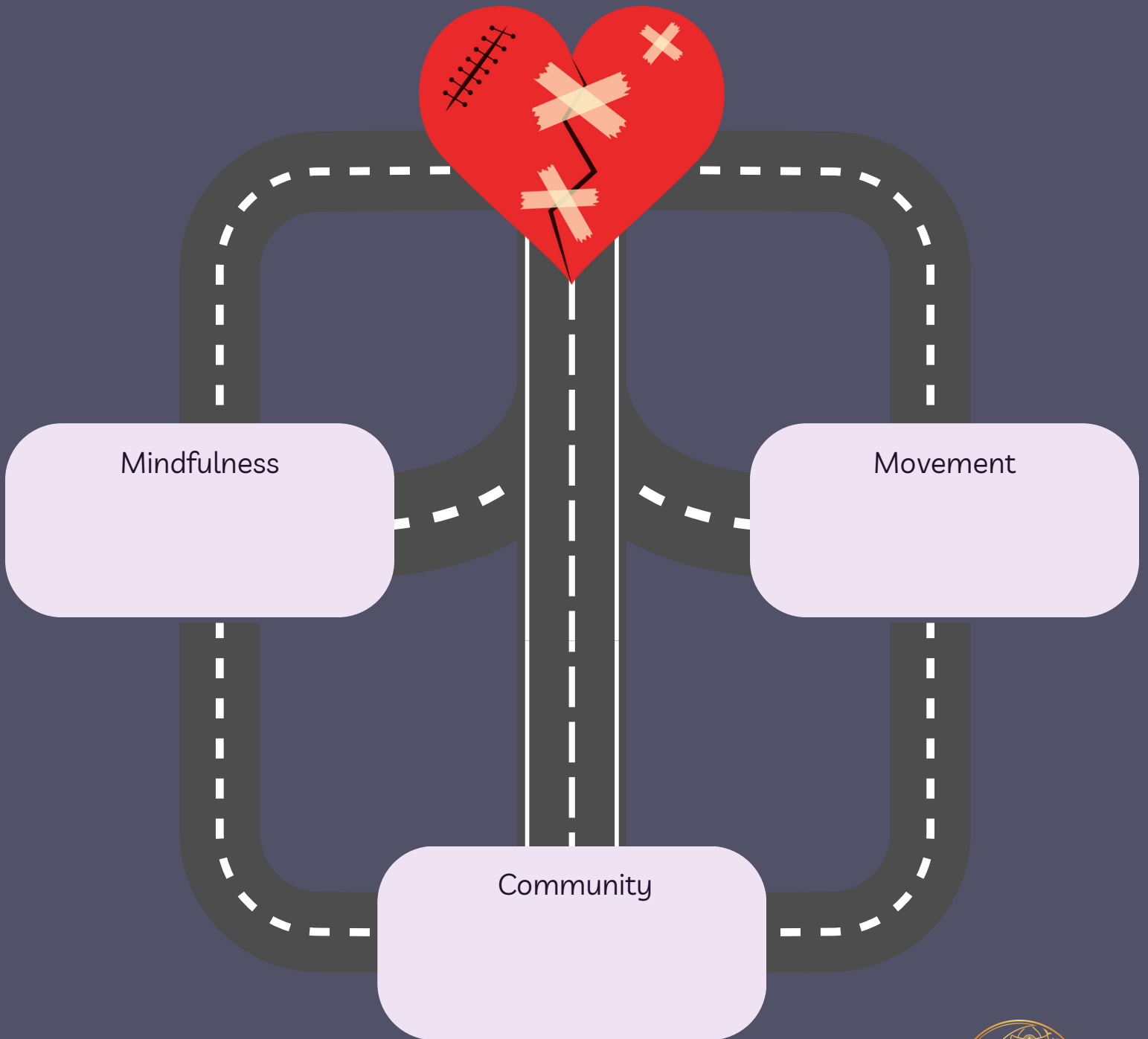
# SAMPLE ROADMAP

Below is a sample roadmap for you to reference. It's actually *my* roadmap. I'm really good at complicating things so I limit this to just four per bubble max!



# YOUR TURN!

Don't worry about filling the bubble, just try to get one thing in each category, then build from there.



# HEALING IS POSSIBLE!

This is not an easy journey, but it's worth it. Grief is not linear like we've been led to believe. It comes in waves. Some days the waves are small and you can barely feel them. Other days they are huge and will make you feel like you don't know which way is up.

Your map is not a series of steps or stages, it's a guide to destinations. The next time you're feeling overwhelmed try one of your destinations. Go for a walk, take a yoga class, breathe, or call a friend.

Revisit *your current location* on a daily basis because each day is different. As time goes on you'll begin to learn what you need and when you need it based on how you're feeling.

When you're ready to dive deeper into this work go back to [getmovingthroughgrief.com](http://getmovingthroughgrief.com) and sign up for our next workshop. If you have any questions please reach out to me at [lucas@harmonyyogatr.com](mailto:lucas@harmonyyogatr.com)

Be well,

Luke