

grief .com

BECAUSE LOVE NEVER DIES

Stepping into the new year when we're in grief can bring up so much pain. As we move into the new year without our loved ones, the pain only intensifies. In the new year, there can also be pressure around resolutions and our culture's quest for self-improvement.

Enter 2022 with compassion for yourself. I know this is easier said than done. I wanted to share these New Year's resolutions for grievers. I invite you to choose the ones that speak to you.

Allow space for your feelings - Grief is a natural process. Your grief will guide you where you need to go. Let yourself experience your feelings without struggling to resist or edit them.

Rest when you are weary - Grief is exhausting. Give yourself the time and space you need to be still to restore your body, mind, and spirit.

Give yourself permission to say no - No is a complete sentence. Choose to be with people you want to be with. Engage in activities that feel right for you.

Give yourself permission to say yes - Say yes to nurturing yourself. Say yes to listening to your heart.

Engage in a community - We all need to be seen and to be with people who get it. Seek out people who understand you and your grief. Expressing your feelings and sharing your experience with others can be transformative.

Spark curiosity - Challenge yourself to try new things or take a different approach. Is there something you've been interested in but have been waiting to try? Step outside of your habits. Meet a neighbor for a cup of coffee, visit a different park, learn something new.

Move - Grief lives in our bodies. To connect back to our physical body, move a little. Walk, dance, swim, stretch, connect your mind and your body by embracing a little movement each day.

Spend time in nature - When we are in grief, we can get stuck in our own minds. Nature is a powerful reminder of the world around us. We were designed to be able to handle grief, just as the tides of the sea rise and fall, as a tree reaches towards the sun, as a squirrel knows how to reserve resources through the winter. Give yourself the gift of time spent in the natural world. Let the wind touch your skin, listen to the sea, admire the vastness of the mountains, nurture a plant on your balcony or windowsill.

Breathe - I often remind people to let the day be the day. When people are in intense emotions such as crying, I often remind them to take a deep breath. Inhale acceptance and peace, exhale expectations and struggle. Connect with your breath and your body.

Wishing you peace in the new year,

David

P.S. In [Tender Hearts](#) this month, we will be talking about New Year's Resolutions for Grievors as well as ways to move through the pain and honor your loved one in the coming year. Join us this month with a free 30-Day trial. Click [here](#) to learn more about this supportive online community.