



Free Tips for Grief Relief

Small steps to moments of peace

Using this Guide

The following tips are a guide for you to follow whenever you need some relief from symptoms of grief.

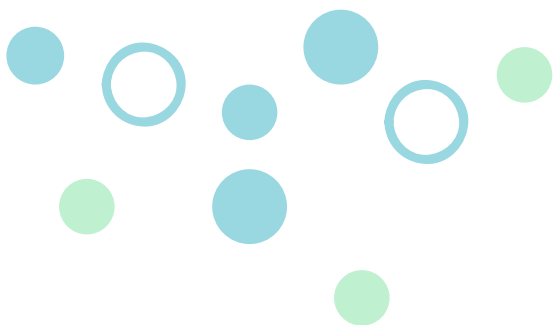
Each person's grief journey is unique and the tips in this guide may be right for you at different times during this journey.

And that's ok.



When you are early on in grief, sometimes it's impossible to do anything else but **breathe**.

As you practice these tips, you may feel overwhelmed. **Give yourself time.** Come back a different day.



It may be helpful to start with the first tip, identifying where you feel emotional or physical pain so that you can **pick and choose which techniques will work for you** at a given time.

Another way to use this guide is to practice each tip in order **creating a 10 minute movement practice.**

Over time, you may find a particular movement or practice is a favorite way to start or end your day

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Tip #1: Identify where pain lives

In order to find some relief, **it is important to understand where grief lives in your body.**

Once you've identified those areas, you can apply techniques to release the pain. Try this:

- Sit comfortably in a chair with your feet on the ground.
- Close your eyes or have a soft gaze towards the floor.
- Draw your awareness to your body and notice how you feel.
- Bring one hand to the area that feels tight, stressed or painful.
- Begin to massage that place with one or both hands. Continue this movement for about a minute.
- Lower your hands to your lap and breathe.



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Tip #2: Breathe and create space



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In grief, you may find your breath stuck or shallow. You may feel a weight on your chest making it difficult to take deep breaths. Cultivating a breath awareness practice can open your lungs, create space around your heart, and lift heaviness.

- Sit comfortably in a chair with your feet on the ground.
- Close your eyes or have a soft gaze towards the floor.
- Relax your hands in your lap.
- Begin to notice your breath. Feel the coolness of the inhale through the nose, and the warmth of the exhale through the nose.
- Next, bring one hand to your belly and one hand to your heart.
- As you inhale, feel the belly rise and then the chest.
- As you exhale slowly, notice how the rib cage contracts and the belly button moves back towards the spine.
- Continue for 3-5 more rounds of breath.

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Tip #3: Affirmations to gain inner strength

With grief comes self-doubt, blame and guilt. There are many should have's and could have's. **Affirmations are positive statements to help reprogram your mind.**

- Start by sitting comfortably in a chair with your feet on the ground.
 - Become aware of your negative thoughts.
 - Choose an affirmation to transform your thoughts into positive ones.
 - Close your eyes or have a soft gaze towards the floor.
 - Repeat your affirmation 3 times.
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I give myself time and space to feel all my feelings.

I give myself the care and attention that I deserve.



A river of compassion washes away my anger and replaces it with love.

I choose to feel at peace today.



I can be gentle with myself as I heal.

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Tip #4: Build strength with this yoga pose

Grief saps your energy. One way to boost your physical strength is with this yoga pose called Warrior 2. This standing strength pose **energizes the body and mind, increasing concentration and stamina.**

- Stand tall with arms by your side - then give yourself a BIG HUG.
- Release your arms, and move your legs wide apart and feet parallel.
- Extend your arms out to the sides, shoulders relaxed.
- Turn the right foot 90 degrees and bend your right knee. Gaze over your right hand.
- Inhale through the nose and exhale through the nose. Repeat 5 breath cycle times. Do the pose with the left foot forward.



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Tip #5: Restore your body, clear your mind

Lack of sleep is one reaction to grief and loss. Your body and mind are fatigued. Find rest in this relaxing Reclined Butterfly restorative yoga pose.

- Gather the following items: 2 heavy books, 3 bed pillows, 2 towels, 2 blankets, yoga mat or rug.
- Place your heavy books on the mat side by side.
- Then add pillows until you have made a comfortable inclined surface. Doesn't matter how high it is - you decide.
- Sit so your lower back is rested against this bolster-like surface. Test to see if you feel comfortable and supported.
- Have 3 towels handy. Use one towel to wrap around your ankles. Roll up the other towels placing one under each knee.
- Cover yourself with a blanket if you wish.



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Hi, I'm Sue



I work with people navigating loss and I support them through yoga and movement to help relieve physical and emotional symptoms of grief. Classes, workshops and private sessions are offered on-line or in-person on Cape Cod, Mass.

A 500-hour registered yoga teacher, my training includes Vinyasa/Hatha, Yin Yoga, Trauma Informed Yoga, Grief Movement Training, Restorative Yoga, and Yoga Warriors International.

Did you find this guide helpful? I'd love to hear about your experience. Email me at sueandersenyoga@gmail.com

Ready to work with me? Learn more about my program, [5 Weeks to Grief Relief, An On-Line Yoga Retreat.](#)