

LIGHTING THE PATH

A photograph of a wooden suspension bridge stretching into a dense, green forest. The bridge is made of weathered wooden planks and is flanked by thick green foliage. At the far end of the bridge, a bright, glowing light source, possibly the sun, creates a strong lens flare and illuminates the path ahead, symbolizing a journey or a path forward.

A Mindfulness-Based Guide for Grief & Loss

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WELCOME

Welcome to Lighting the Path: A Guide to Managing Grief During the Holidays. Grief can feel especially overwhelming during this time of year, when traditions and celebrations may intensify feelings of loss. You don't have to face it alone. Whether you joined us for our in-person gathering or are navigating this journey independently, this guide offers practical tools and gentle support to help you through the season. Drawing from the mindfulness-based concepts shared at our "Lighting the Path - Mindfulness-Based Grief and Loss Gathering," we hope this resource brings you comfort, connection, and a sense of peace.



Cathy & Marna

MINDFUL PLANNING AT THE HOLIDAYS



Navigating grief during the holidays can be difficult. It's important to give yourself permission to adjust traditions and expectations.

Set Personal Boundaries: Be honest with yourself and others about what you can handle. Take breaks from holiday activities when needed.

Create a New Tradition: Consider ways to honor your loved one that feel comforting to you, like lighting a candle in their memory or writing a letter to them.

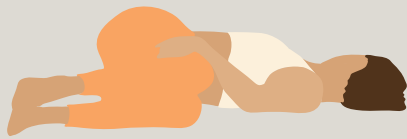


YOGA POSES FOR HEALING & RELEASING GRIEF

Yoga can help release stored emotions and tension in the body, which is common when processing grief. These poses encourage stillness, reflection, and gentle movement:



Child's Pose (Balasana): This grounding posture helps bring you into a state of calm. As you rest your forehead on the mat, focus on your breath and let go of tension.



Reclining Butterfly (Supta Baddha Konasana): This heart-opening posture allows emotional release, especially useful when grief feels heavy in the chest.



Supine Twist (Jathara Parivartanasana): Twisting helps detoxify the body and release tension, especially when emotions feel trapped.



Legs Up the Wall (Viparita Karani): Calming and restorative, this pose helps regulate the nervous system.



Seated Forward Fold (Paschimottanasana): Encourages introspection and surrender, allowing space for emotions.



Bridge Pose (Setu Bandhasana): Opens the heart and brings balance to the body.

Garland Pose (Malasana): Encourages grounding and a sense of stability.

Savasana (Corpse Pose): This final resting pose encourages complete surrender, providing an opportunity to simply **be** with your grief without needing to fix or change anything.

MINDFULNESS PRACTICES FOR GRIEF SUPPORT

Mindfulness can provide a gentle way to experience and process grief. It helps to create a space between your emotions and your reactions.

R.A.I.N. for Grief:

Recognize what is happening: Name the emotion you're feeling.

Allow the experience to be as it is: Give yourself permission to feel.

Investigate with curiosity: Explore where grief lives in your body and mind.

Nurture yourself: Offer self-compassion, as if you were comforting a dear friend.

Mindful Breathing: Focus on your breath as a simple but powerful practice to ground yourself in the present moment. Lengthen your exhales to calm the nervous system.



JOURNALING FOR GRIEF

Writing down your thoughts can offer a safe outlet for emotions. Here are some prompts to guide your journaling:

- How can I honor my grief this holiday season?
- What do I need to feel supported?
- What memories or emotions are coming up for me?
- What brings me peace when I feel overwhelmed?
- How can I nurture myself during difficult times?
- What am I holding onto that I need to let go of?
- How does my body feel, and what is it trying to tell me today?
- What am I most grateful for, even amidst challenging emotions?
- What boundaries do I need to set to protect my energy?
- How can I create space for joy in my life right now?
- What self-care practices can help me navigate my current emotions?
- What would it look like to fully embrace where I am in my life right now?
- How can I express my emotions in a healthy and constructive way?
- What is my grief trying to tell me? &/or What does my grief need from me?



COPING STRATEGIES DURING THE HOLIDAYS

Grief may fluctuate, and having a plan can help during challenging moments.

Rest When Needed

Allow yourself to take breaks from holiday activities.

Honor Your Loved One

You might create a ritual to acknowledge your loss, such as lighting a candle or preparing a favorite meal of your loved one.

Reach Out for Support

Whether it's friends, family, or a professional, don't hesitate to ask for help or comfort.



MEDITATION FOR GRIEF

Meditation offers a safe space to sit with your grief. Practice daily for a few minutes, or whenever emotions feel overwhelming.

Loving-Kindness Meditation: Focus on extending kindness to yourself. Recite phrases like "May I be peaceful. May I find healing. May I feel supported."

Grounding Meditation: Sit comfortably, close your eyes, and visualize yourself being supported by the earth beneath you. With each exhale, imagine releasing tension into the ground.



SELF-CARE FOR THE BODY AND MIND

Grief affects both body and mind, so taking care of yourself holistically is essential.

Eat Nourishing Foods: Choose foods that support your well-being.



Move Your Body: Gentle walks or stretches can help move stagnant energy and offer some relief.



We hope this guide will provide you with continued support through your grief journey. Remember to be kind to yourself, allow space for your emotions, and trust in the process of healing.

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"GRIEF IS NOT A DESTINATION BUT A JOURNEY WE WALK TOGETHER,
FINDING LIGHT IN THE DARKEST MOMENTS."

~ MARNA BRICKMAN

