



# 3 Resources *for healing*

Navigating through grief isn't easy.  
Discover three ways to find comfort  
and healing during this painful time.

BY JACQUELINE STEUDLER





*YOUR* **GRIEF**  
**DOESN'T FIT IN A**  
**BOX...** →

Every person's grieving process is unique—many struggle with talking to friends who are judgmental and don't listen. But unfortunately, getting stuck in the same cycle is common. In my experience working with grieving women, these are the three best ways to approach grief. I hope you will find the help you need today!

# Welcome

Hi there!

When we lose a loved one, we're often not prepared - how could we?

No one has taught us that each grieving process is unique, how we can support each other with an open heart and compassion, or that there are helpful resources.

Using these three resources, you will discover that your pain and sadness can move in a new direction.

Love,  
Jacqueline Steudler

*Founder & Owner of JST Art and Therapy Inc., Healing for Grieving Hearts*



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*What You'll Learn*

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*Rituals help you heal your heart and at the same time honour your loved one.*

## 02 ART THERAPY

*You learn how art-making can help you heal.*

## 03 MEDITATION

*Follow a short guided meditation to lift your spirit and learn how to calm and centre yourself.*

# Rituals

*Honouring your loved one*

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Being out in nature and creating rituals with others or alone is crucial to healing your grief. I believe these rituals are helpful for your soul and honour your loved one who has died.

You can find an example on my website. It gives you instructions on how to set up rituals with your friends or by yourself.

Click on the link to the [Healing Ritual](#).

*"Don't make  
change too  
complicated.  
Just begin!"*



# Art Therapy

## *Healing Power of the Arts*

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Art-making is a resource; art techniques are the method, and paint and paper are the tools.

Art Therapy is a method that helps you when words are missing because art opens the soul and helps build your resilience.

It helps you understand your unique grieving process, bust general grief myths and brings newfound peace and content while honouring your loved one.

Follow the link to an article about art therapy and some practical advice on how to find your own creative healing.

Click here: [Healing Power of the Arts](#)

***"Sometimes the smallest step in the right direction ends up being the biggest step of your life."***

*"Calm your heart. It is waiting for your kindness."*



## Mediation

### *Blue Light Meditation*

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Often grief can overwhelm, so finding a new balance becomes vital. Meditations can help to restore balance and instil gratitude for everyday life.

The objective is to help you find new ways to step into your daily life with more calm.

The following Blue Light Meditation will help you to find that calm and balance that has eluded you since the loss of your loved one.

You might have to listen more than once to feel the relief of the meditation. This link brings you to the [Blue Light Meditation](#).

# Checklist

## STEP ONE: **MINDSET**

Try to move your mindset from "I will never get over it" to "I can feel better".

## STEP TWO: **MEDITATION**

*Take some time to quiet your mind, so that you can make better decisions.*

## STEP THREE: **MOVEMENT**

*Take some time to move your body, so that you have the energy. Small walks in nature are a good start or dance your heart out.*

## STEP FOUR: **MINDFULNESS**

*Take some time to live with intention, so that you can shift your pain towards healing. This doesn't mean that you leave your loved one behind. Be compassionate with yourself.*

## STEP FIVE: **SELF-CARE**

*Take some time to be kind to yourself. What are your comforting activities that lift your spirit? Make a list and add them to your day.*

## STEP SIX: **COMPASSION**

*All the points above need your compassion and patience. Please be gentle and kind to yourself.*







# Worksheet

*Take a look where you're at today.*

**NO 1:** What are you struggling most in your life right now?

**NO 2:** What would you like your life to look and feel like instead?

**NO 3:** What are 1-3 steps you can commit to make this happen?

# Final Thoughts

*Are you ready to heal your heart?*

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You have experienced a significant emotional loss.

While your healing process won't be fast and easy, it's a journey well worth taking. It will require your attention, open-mindedness, willingness, and courage.

**Do you long for a safe space to express all your feelings without being judged?**

I offer you a compassionate space where you can voice your despair, mourn the loss of your hopes and dreams, and find the growing trust to step into the world again after shedding the layers of hurt and uncertainty.

**Are you ready to lift the layers of grief and start healing?**

The Healing for Grieving Hearts program is for you if you want to step into a heartfelt dialogue through a personal and creative process, honour the love you shared, and are open to finding a new purpose.

**START YOUR JOURNEY  
TODAY WITH A FREE  
30-MINUTE CALL**



[HealingForGrievingHearts.COM](https://HealingForGrievingHearts.COM)  
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# MEET THE *Coach*



Jacqueline is a soulful Creative Grief Coach and Art Therapist. Her mission is to help and inspire grieving women to move forward after the death of a loved one so that they can reconnect with their life without denying their loved ones a loving place in their hearts.

She currently lives near Halifax, Nova Scotia. She finds calm and inspiration in her wild garden or a walk in the woods.

*"Spread love  
everywhere you go.  
Let no one ever  
come to you without  
leaving happier."*

-Mother Teresa



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# Testimonials



Before I started the Healing for Grieving Hearts Program with Jacqueline, I was sure that I would not work in my business again. But now that I am more at peace with J's passing, I have decided to explore the possibilities again.

Jacqueline helped me to talk about my feelings on a level that was non judgmental and that made me feel at ease and open to the program. I found her and the program very helpful.



Jacqueline is a very kind and loving soul and her program comes from the heart allowing her to help others through her own experience with loss.





