5 Resources *for healing*

Navigating through grief isn't easy.
Discover five 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. Getting stuck in the same cycle is common. In my experience working with grieving women, these are five of the best ways to approach grief. I hope you will find the help you need today!

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Welcome

Hi there!

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

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

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

You will be able to release the "ifs" and "should-haves" and start to feel a much higher sense of peace and balance. Rather than feeling consumed by grief whenever you think of your loved one, you will be able to think of them with a gentle smile once again.

Love,

Jacqueline Steudler

Founder & CEO of JST Art and Therapy Inc. Healing for Grieving Hearts

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Table of Contents

What You'll Learn

01 RITUALS

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

02 ART THERAPY

You learn about art therapy and how it can help you heal.

03 MEMORIES

Create a digital story and give your memories a new form.

04 MEDITATION

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

05 QUESTIONNAIRE

Is my Grief normal? Find your own answer by going through this questionnaire.

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Rituals

Honouring your loved one

Being out in nature and creating rituals with others is a crucial component of healing your grief. I believe these rituals are helpful for your soul, and they 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 alone.

Click on the link to the Healing Ritual.

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Art Therapy

Healing Power of the Arts

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

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

It helps you understand your unique grieving process and bust general grief myths like the five stages of grief, and bring newfound peace and tranquillity while honouring your loved one that you've lost through death.

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

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

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Memories

Create a Digital Story

The digital story is a short video of your words combined with a photo of your loved one.
You can find an example on my website at: My Mother's Story

- Go through the images of your loved one that has died.
- If you're working with digital photos, print about 10-15 copies that you feel depict your loved one well.
- Lay these images on a table or floor and look at them from a distance.
- Which ones stand out, make you smile, make you cry, make you want to grab and hold close to your heart?
- Find the one image that tells the story of your loved one the best.
- Grab a piece of paper and lay the photo in front of you. For the next 30 minutes or less, start to write down what this image is all about. What story does the picture tell?
- Take your story and make it shorter. You're looking for the essence of your loved one's life.
- Read the story out loud and try to make it sound like you tell a friend. If you need to change words go ahead.
- Take the photo, your text, and your phone or other video recording device.
- While filming the photo, speak the text that you've written.
- You just created your first digital story.
- **Important**: Treat the digital story like a journal entry. If you want to show it to someone else, wait at least a month or, better yet, three months. You don't want to get hurt by the comments of people that don't understand your grieving process.

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Mediation

Blue Light Meditation

Often grief can overwhelm, then it becomes vital to find a new balance. Meditations can help to restore the 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.

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Questionnaire

Is My Grief Normal?

This Questionnaire: "Is my grief normal?" busts assumptions around grief: physical and mental symptoms, and overall health.

My clients that have worked through the questions have always expressed a relief afterwards.

They felt heard and relieved that they weren't alone with their symptoms.

Please have a look and let me know what you think.

You can find it on my website at Questionnaire: Is My Grief Normal?

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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 are committed to taking to make this happen?

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Checklist

STEP ONE: **MINDSET**

This is the first thing you will want to do if you want to feel better in your life. It won't be easy but it is worth taking the risk.

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.

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.

STEP FIVE: **SELF-CARE**

Take some time to be kind to yourself. You know best what lifts your spirit.

STEP SIX: **MASTERY**

Take some time to master all the points above. Make them a habit in your daily life.

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MOVING FORWARD

Sooo, what should I do next?

Join a growing community of like minded women in the free Facebook group at facebook.com/groups/grievingtograteful We're here to help each other move forward in our grieving process.

I love it! Who is this for exactly?

It's for grieving women who want to take their lives into their hands again and find a possibility to move forward without denying their loved one a loving place in their hearts. It's not all doom and gloom; we also smile a lot. 💔

Sounds AMAZING! How does it work?

It's a safe space for you to voice your feelings, concerns, and questions around grief and the many sometimes conflicting emotions. It's better to walk forward with a community that understands you.

Click here to join us: Free Facebook Group

HealingForGrievingHearts.COM

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Testimonials

C.R. FROM ARKANSAS

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.

S. FROM NOVA SCOTIA

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.

J. FROM NOVA SCOTIA

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.

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Notes

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MEET THE *Author*

Jacqueline is a soulful 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 one a loving place in their heart.

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

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

-Mother Teresa

EVERY WOMAN
WHO HEALS
HERSELF
HELPS HEAL ALL
THE WOMEN WHO
CAME BEFORE
HER AND ALL
THOSE WHO WILL
COME AFTER HER.

- CHRISTIANE NORTHRUP

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