

Grief & gratitude

Navigating loss with gratitude



SOULESTA®
— living
live calm and well

Developed by Keeley Shree of SOULESTA® Living

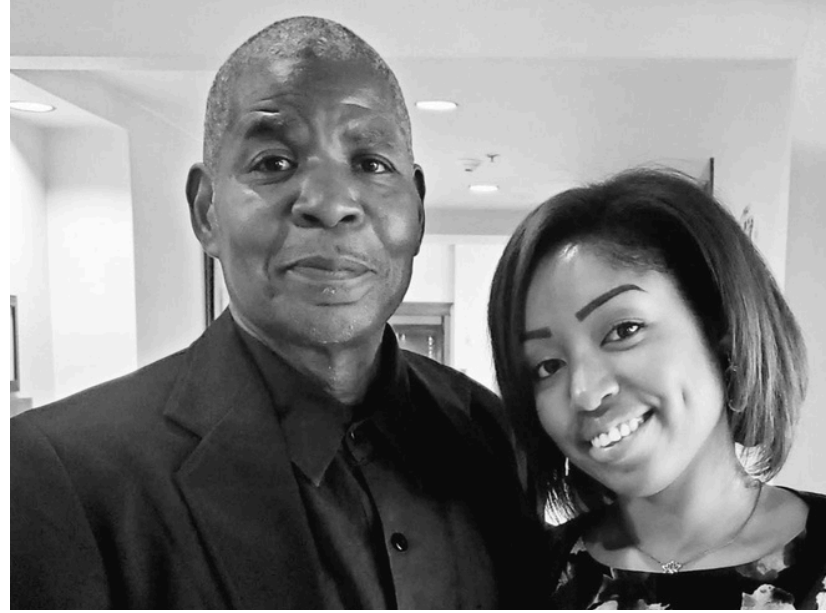
ABOUT ME



— keeley shree

- Multi-passionate wellness entrepreneur certified in yoga, meditation, grief counseling and feng shui.
- My mission is to provide accessible offerings to support people with their mental health and overall well-being, as well as empowering them in healing themselves.
- I integrate both the methods I've learned through educational training and the life skills I've acquired by navigating through the highs and lows of my own personal experiences.

MY JOURNEY with Grief



- Stepfather passed away at age 40 when I was 17
- Best friend passed away at age 27 in 2014
 - After her passing, I joined a 3 month long Grief Support class
- Father passed away in 2021
- Grandmother who raised me passed away four months after my dad in 2022

WHAT

What is Grief? | *Page 5*

WE'RE

Types of Loss | *Page 6*

GOING

Physical & Psychological Impacts of
Grief | *Page 7*

TO

Ways to Cope with Grief | *Pages 8-9*

COVER

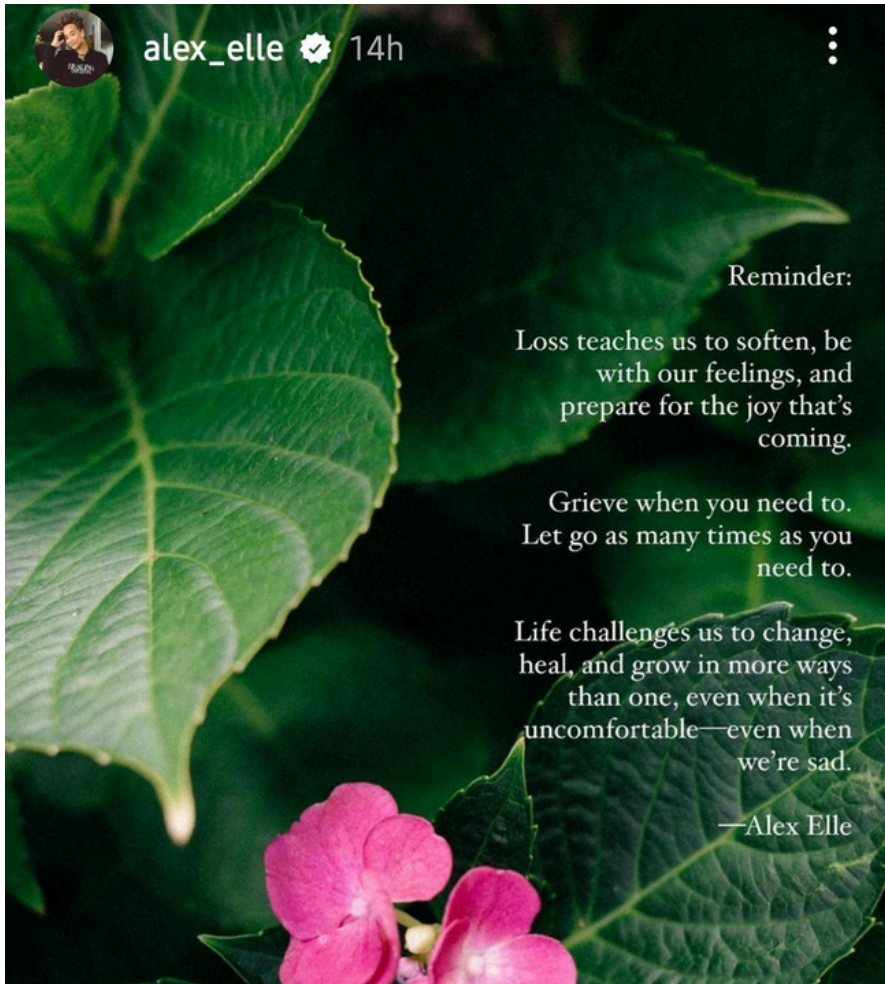
The Effects of Gratitude on Mental
Health | *Page 10*

Grief & Gratitude *Meditation* | *Page 11*

Closing Expressions | *Page 12*

Gratitude | *Page 13*

WHAT IS GRIEF?



- Grief comes from the Latin word "gravas" - which means heavy. Also where the grave and gravity come from.
- Grief is a universal human experience encompassing a range of emotions as a result of the absence of someone or something that held significant meaning in one's life.

- *Complex because of the range of emotions you feel at one time.*
- *To understand grief, you have to understand attachment. We form strong bonds to people and things and when those attachments are broken, it can result in deep feelings of grief.*
- *Like having an amputation and the process of grieving should be looked at like the process of physical healing.*

TYPES OF LOSS

A loved one

A relationship

A job, business or dream

Life changes

An important aspect of identity

Loss of innocence

PHYSICAL & PSYCHOLOGICAL IMPACTS OF GRIEF

Have you experienced any of these?



PHYSICAL

- An inability to function
- Panic attacks
- Headaches
- Feeling short of breath
- Fatigue / Having a lack of energy
- Tightness in the chest and throat
- Feeling sensitive to noise
- Feeling hollow or empty in the stomach area
- Appetite can be impacted
- Weakness in the muscles
- Sleep patterns altered

PSYCHOLOGICAL

- Anger
- Relief - Also associated with guilt
- Anxiety
- Sadness
- Loneliness
- Depression
- Helplessness
- Shock
- Numbness
- Memory issues / Forgetfulness - Thought patterns are jumbled and they are unable to concentrate or remember things
- Obsessiveness
- Hallucinations
- Avoidance/Denial
- Difficulty forming attachments with people
- Self - isolation
- Envy

WAYS TO COPE WITH GRIEF

How long does grief last? Cannot put a time limit on grief. Tools are needed to cope and live with your grief.



ACCEPT & ADJUST

- Accept and acknowledge things are different and cannot go back to how they were before.
- Do you not increase your own suffering by not being at peace with what is.
- Make adjustments to what your life looks like now without what was lost and let go of that identity if needed.

EXPRESS YOUR FEELINGS CREATIVELY

- Journal - reflect on your feelings around your loss and how it's changed you
- Write letters - write letters to express what you want to say to yourself or others
- Create art - paintings, sketches, collages

CRY

- Tears relieve some emotional stresses
- It is a healthier way of coping.
- Dual awareness- feel what you're feeling but know you're ok at the same time

EMBRACE NEW EXPERIENCES & HONOR MEMORIES

- Engage in activities that bring you comfort and connection.
- Allow yourself to experience happiness without guilt.
- Establish meaningful ways to honor special dates and anniversaries related to your loss.

WAYS TO COPE WITH GRIEF

How do you feel that you've been coping with your grief?



SEEK SUPPORT

- Reach out to friends & family - Communicate your needs and boundaries
- Join a grief support group
- Seek professional help with a therapist if needed

PRACTICE SELF-CARE FOR YOUR MIND

- Engage in mindfulness or meditation to stay present and reduce anxiety.
[View SOULESTA Living's Guided Meditations](#)
- Focus on your breath and your senses to ground yourself.
- Practice gratitude: find ways to integrate moments of gratitude daily
 - Keep a gratitude journal

PRACTICE SELF-CARE FOR YOUR BODY

- Eat nutritious and comforting foods
- Get regular exercise
- Get sufficient sleep to support your overall well-being.

THE EFFECTS OF GRATITUDE ON MENTAL HEALTH



Happiness can be found, even in the darkest of times, if one only remembers to turn on the light. - J. K. Rowling

- Reduces Stress - It's difficult to be stressed and grateful at the same time
- Improves Mood - shifting your focus from negative thoughts to positive
- Better Sleep - I keep a gratitude journal next to my bed. Gratitude promotes relaxation and can help you fall asleep
- More Clarity - Can help with clearing your mind of having excessive thoughts

GRIEF & GRATITUDE MEDITATION



[LISTEN HERE](#)

[VIEW ALL AVAILABLE
GUIDED MEDITATIONS HERE](#)

CLOSING EXPRESSIONS

What is something you're grateful for that you've learned through your loss experience?

Some things I want you to take with you:

Acknowledge how the loss has changed you for the good

Embrace new relationships

Embrace new memories

Moving forward with your life is not a dishonor to the memory of your loss

Also don't rush to try to replace your loss and not feel it

ADDITIONAL GRIEF SUPPORT RESOURCES

Bo's Place - free grief support services <https://www.bosplace.org>

[View SOULESTA Living's Therapist & Mental Health Professionals Directory](#)



Thank you for allowing me to share these tips on navigating grief with you.

Take care of yourself and stay calm and well.

keeleY shree

Visit me at soulestaliving.com

COPYRIGHT © 2024 SOULESTA LIVING DBA OF SOULESTA CO., LLC | ALL RIGHTS RESERVED

Content may not be copied, reproduced, transmitted, distributed, downloaded or transferred in any form or by any means without SOULESTA Living's prior written consent.