

## Loss Recovery Guide - 5 Steps to Help Heal Your Pain



[www.voyagecoaching.com.au](http://www.voyagecoaching.com.au)

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## Message from the Author

My name is Ellen Lawson and I coach and support women to recover, discover and reclaim their life after loss, so that they can feel peace, find their joy and feel full again.

I wrote this guide to help you begin your journey to heal the pain of your loss. After the shock of losing someone or something of great importance, you may feel lost, full of fear, sadness and uncertainty. It is my greatest wish for you to heal the pain of your loss so that you may feel more at peace, with joy and fullness in your heart, and move forward with your life. These 5 steps helped me greatly to begin healing my own pain, so from my heart to yours, commit to each step slowly, mindfully and be kind to yourself. This is a process. Loss is universal but grief is individual. You are not alone. Seek out the resource room at [www.voyagecoaching.com.au](http://www.voyagecoaching.com.au) for [more ways to be supported in your journey](#). With love and blessings, *Ellen Lawson xO*



## Introduction

Take a moment to consider if you're experiencing any of the following:

1. Are your loved ones and work colleagues telling you to stay strong, keep busy, or to take time alone to grieve? Do you feel like they are uncomfortable with your grief?
2. Do you feel anxious, full of nervous energy and wanting to run away or just jump out of your own skin?
3. Do you feel exhausted, numb, lacking motivation and energy? Is it hard to get out of bed? Are you not eating or eating too much?
4. Do you have constant ruminating thoughts about your loss that just go round and round, reliving every moment?
5. Are you self- medicating, and filling every minute of the day with activities and distractions just so you can avoid your pain?

If you are experiencing any of these feelings then I want to assure you that this is completely normal after loss. Loss may be universal and we all experience loss during the various transitions of our lives, but every loss is so unique and individual, as individual as you are. Your loss cannot be compared to anyone else's on the planet. I want to repeat this: your loss cannot be compared to anyone else's loss. Why? Because your relationship with that loss is completely yours alone. Nobody can know and experience this from your perspective and your relationship with what you have lost. This deserves to be honored and respected.

Time does not heal our wounds. It is the small actions we consciously take daily that heals our wounds over time. It is the difference between wanting the emotional pain of our loss to stop and MAKING a committed decision, to MAKE it stop. Our physical bodies have a miraculous unconscious way of healing our physical wounds but to heal emotional wounds, our grief, we have to tell ourselves it is now time to let go of this pain and take it to its completion. This is not an easy task...I know all too well... I am not going to sugar coat it. This takes work. This guide is a new beginning and a lifeline of support for you, to begin your voyage to healing your pain so that you can feel peace, find your joy and feel full again after your loss. Welcome these 5 steps with an open heart. You can heal from the inside out...Let's begin with the first step.

## Step 1- Honour the Pain of Your Loss



You may have felt and heard from well-intentioned friends and family to fill your day with work, hobbies and activities and to stay strong, but this only delays your healing and numbs your pain. The pain is still there, merely temporarily buried. Leaning into and feeling the pain of your loss bring healing. You have to feel it to heal it. Leaning into your grief enables you to move through it. Imagine a wave in the ocean as it builds and then crashes onto the shore and then dissipates. The wave can feel ominous and scary just like the pain you are feeling. You may believe that wave of pain will consume you but it doesn't. Like the wave crashing onto the shore, your pain will dissipate. That overwhelming feeling doesn't stay with you. It WILL pass. By leaning into that wave of pain, you move through it. This is the beginning of your recovery. Give yourself permission to honour the pain of your loss. Give yourself permission to grieve. Don't hide from it. It deserves to be felt, acknowledged and accepted. Give yourself permission to experience your feelings. It's a release and this process is honouring yourself and what you have lost.



## **Step 2- Self-Care and Compassion**



This step is not about day spas, long lunches with friends or Netflix binges, although these activities could certainly support you to feel better in the moment and that is a good thing. The self-care and compassion I am referring to is the mind-set, attitude and action of truly showing kindness and compassion for yourself so that you can heal the grief after your loss. This can only be achieved by focusing on the most important relationship in your life which is the relationship you have with yourself. After your loss or transition it is imperative that you nurture your inner self. To ask yourself “What do I need to give myself today?”, “What will help me to promote my healing today?” Write these questions down somewhere as a daily reminder. By asking these questions on a daily basis you will connect to your inner self and give yourself the love and compassion that you truly need right now to help heal your pain. This is a fluid process and your experience and needs are truly individual. You can heal yourself from the inside out and learn to be your own best friend. During this time your needs will fluctuate and change, so check in with yourself on a regular basis. Take a deep breath. How do you feel in your body? Discover what you need from yourself right now. Take loving action. I have a Self-Care Q&A below to assist if you are feeling a little stuck on what questions to ask yourself. Answer them thoughtfully and honestly.

### **Self -Care and Compassion Questions**

1. How do I feel today?
2. What do I need to do today to help heal my grief?
3. What am I thankful for today?
4. What thoughts am I having today?
5. Are these thoughts healing me or hurting me?
6. What support do I need today?
7. What is something I can do today that will bring me peace?
8. What does my body need today?
9. What do I need right now?
10. What would I say to someone I care about who is going through a painful time? Say those words to yourself.

### Step 3- Loving Mindfulness Practices



Imagine being able to experience complete physical, emotional and spiritual wellness and peace whilst going through your loss recovery process. This is possible with loving mindfulness practices. These practices can support you to calm your mind, body and spirit in times of grief and stress. You can develop the ability to ground yourself in the present moment, allowing yourself to feel your body and your surroundings by engaging all your senses in the now. Practicing mindfulness calms your nervous system and helps you feel safe. It takes you out of the angst, sadness and pain and brings you fully into the present. There are various types of loving mindfulness practices for you to explore and experience. Take some time to discover the ones that most resonate with you. These practices will help to support you through your grief and towards recovery from your loss. They can be used daily whenever you feel overwhelmed to bring you back to this present moment, where you are safe and well and loved. I have listed some loving mindfulness practices for you to discover and try for yourself. You may find out that sometimes it is the simplest of things that can help us find that relief and support to recover from the pain of loss. Ask yourself; "What can I give myself today that will help me feel more at peace and in this moment?"



### **Stop, Breathe, Be Still:**

When my mind was racing and I felt the elephant on my chest during my grieving process, it helped me to just stop where I was and take some slow, deep breaths. I would say to myself. I am safe, I am safe. I would close my eyes and sit down, just be still and breathe. This calmed my nervous system, my heart rate slowed down. I noticed sounds around me. I felt the ground beneath me, the air on my cheek. I would place my hand on my heart and tell myself that all is ok. I am here, I am safe. If my mind wondered back to the thoughts that overwhelmed me, I would bring myself back to the present moment. I discovered that I didn't suffer when I was in the now. In the beginning it was not easy to do but with loving and mindful practice it became my refuge and helped me through my grief. I wanted to share that with you and it is my wish that it will help support you too.

### **Be in Nature:**

Being in nature has a profound healing effect. The extraordinary complex ecosystem around you, so vibrant and alive, forces you into the present moment! All of your senses are engaged. You are a witness to magic, miracles and immense beauty. Being in nature is a simple loving mindful practice. You can do it in your own backyard or on your balcony. Engage your senses, listen intently to the song of birds, the wind in the trees, the rain on the roof; feel the ground beneath you, is it grass or sand or dirt or concrete? Breathe in the air, is it heavy and humid or dried out? Truly be present. Be only in that place and space. We are not just a witness to nature but have our place in life's woven tapestry. Being in nature connects us and carries us back to ourselves. Give yourself permission to revel in it and enjoy this present moment. Go for a walk, notice how the trees sway in the wind, bend and reach for the sun. Nature is pure and honest and completely present. Nature is our teacher.



### **Lose Yourself in Creativity:**

Take a break from social media and technology. Lose yourself in a creative task. Albert Einstein said, "Creativity is intelligence having fun". How wonderful is that feeling! Creativity takes on many forms. It is a way of expressing ourselves and connecting with the passions that make our souls sing and bring us joy in the moment. We all have gifts to discover and share with ourselves and others. It is a loving mindful practice that brings us joy. Joy is our birthright.

Do you like to cook or bake? Do you enjoy collecting things? Do you have a thirst for knowledge? Do you love to write, paint or knit? Do you have a flair for design? Taking photographs? Have you always wanted to learn how to sing or play an instrument? Do you like to build things and get your hands dirty? It can be as simple as making a healthy meal to nourish your body. Creating is a healthy and expansive distraction during the grieving process. Give yourself loving permission to lose yourself in something joyful. Even for a moment. This moment. It heals.

### **Journaling Your Thoughts:**

Our minds can be so full of stuff and white noise, it may help to get it all out of your head and onto paper or your device. Journaling can be daunting but it really is just writing whatever comes to mind in that moment, especially in times of anxiety and stress, when all these feelings arise during the loss recovery process. Writing is a loving mindful practice that helps express ourselves and get it all out. It can provide a release and you may return to it weeks later to reflect upon and compare where you were in that moment to where you are now. You might like to journal in the morning before you start the day ahead or at the end of your day before you fall to sleep. Whatever feels good for you. Just write. Get it out of your head. Release it. There is power and peace in that.



## **Step 4- Gratitude Heals**

Gratitude helps to heal grief and moves you forward with the loss recovery process. Gratitude bridges the past, present and future. It allows you to take what is positive from the past in the present moment and delivers the future as you begin to move forward in the loss recovery process with more hope and optimism.

By counting your blessings daily and acknowledging what you are grateful and thankful for in this present moment, you begin to realise that pain and suffering cannot reside in this space. Gratitude closes the gap between pain and peace and between grief and joy. What are you grateful for today? Write it down, say it out loud.

Gratitude is also a form of acceptance. It gives us permission to embrace our pain and the loss. When you explore and acknowledge your blessings and what you are thankful for, it supports you to let go of the pain and take it to its completion.



## **Step 5- Seek Out Support**



We all have a story. One that deserves to be heard and to be owned. You start to heal the moment you feel heard. When you feel heard in a judgement-free environment you begin to feel safe, free to explore your feelings and begin to heal the pain of your loss. There are many forms of support that you may seek out that resonate best for your needs. It may be chosen trusted friends or mentors who are committed to what you want and will genuinely support what is best for you. It could be support groups specialising in grief and loss. Coaching and other person-centered modalities can also help support you. Coaching places you in charge of the content you wish to speak about during each session. You are given the space to choose and explore options that are best for you, while the coach directs the process which supports your healing and growth. These modalities will support you to take small action steps towards your healing and what you truly want for yourself. Your coach will champion you to get to your ever-evolving chosen destinations. Imagine putting your needs first and giving yourself priority, permission and self-love to take this time for you to heal your loss. To begin to live again with purpose and meaning with peace, joy and fullness in your heart. You are worthy of this time for yourself and deserve all of it and so much more. I implore you to seek out support. You are not an island unto yourself and you need to feel seen, heard and supported so you may take the pain of your loss and bring it to its completion.



## Conclusion

Let us bring this all together now and recap each step. The first step is to honour, feel and lean into the pain of your loss so that you may begin the loss recovery process. You have to feel it to heal it. Your loss and grief is individual and deserves to be felt and acknowledged. The second step is learning how to be your own best friend. To be kind to yourself and give yourself permission to feel your feelings and check in with yourself. To ask what it is you need to give yourself to promote your healing process, remembering that your needs will change. The third step is to explore and implement mindful loving practices that resonate with you on a daily basis. To create mindful loving habits that keep you in the present moment. Sometimes these are as simple as breathing and being in nature. In the fourth step we looked at how gratitude bridges the gap between pain and joy. By counting your blessings and saying what it is you are thankful for, you will come to realise and experience in that moment the suffering will cease. The final step is seeking out whatever support you need that will help you bring the pain of your loss to its completion. Sometimes we need help to do this. Have courage to reach out as you truly deserve to feel peace, joy and fullness again in your life after loss. Please reach out to me if you have any questions or would like support. You can contact me through my website ,[www.voyagecoaching.com.au](http://www.voyagecoaching.com.au) or email, [ellen@voyagecoaching.com.au](mailto:ellen@voyagecoaching.com.au). Our first consult is complimentary and obligation free. With love, blessings and a big hug. xo



