



Grief Recovery

By Karen A. Bayer of Next Stage Coaching

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The path to grief recovery is not simple or short. You cannot just wake up one day and be cured of your pain and unresolved emotions. Overcoming grief is a process, a journey that begins with the conscious decision to recover.

I am a veteran Life Coach and Grief ♥ Recovery Specialist®. I have worked with a lot of grieving individuals who have lost loved ones under a variety of circumstances. I know my way around this subject, not only as a professional – but also as a person who has experienced major losses. Each time someone I loved died, I had to work through the trauma and upheaval. It wasn't easy.

So now, I am prepared to help others and spare them of the unnecessary long term devastation that unresolved grief can cause. I have incorporated my personal and professional experience to develop a "whole life" strategy for reclaiming happiness after loss. This is a solution for grievers based on a combination of Grief ♥ Recovery®, Life Coaching, education and personal experience. The "G.I.F.T." is available to all hopeful individuals who are grieving the loss of a loved one/s either recent or long ago.

The G.I.F.T. Strategy
“Reclaim your life and chose to recover.”

- *Step 1.*

Grief ♥ Recovery Program®

It is difficult if not nearly impossible to heal from this type of trauma on your own. There are many options available to help people in this situation - And after years of exploration and research, I discovered The Grief ♥ Recovery Institute®. The Institute has created one of the most effective and appropriate methods to teach individuals how to overcome their unresolved grief issues and feel better.

Grief ♥ Recovery® is primarily an educational experience where you are taught effective tools for dealing with grief by attending weekly sessions with individuals who are going through similar experiences. This is a step by step action program that has helped thousands of people recover from loss.

- *Step 2.*

Intensive Self Care

- a. You deserve to be healthy and feel good. Stress and trauma can create havoc on your body. So - make sure you are physically well. Plan to visit your doctor and schedule a complete physical examination including blood work.
- b. Be gentle and patient with yourself. Eat well- Sleep- Exercise.
- c. Consider adding meditation to your daily routine. Meditation can help to fast track your road to inner peace, as it relaxes and vitalizes you physically, emotionally and mentally, and reconnects you spiritually. There are many books and audios to help you learn and begin to meditate.

- *Step 3.*

Fulfillment

It has been said that a fulfilled person is a happy person. I have listed several ways that can help you reach this goal:

- a. *Volunteer.* Help people in need. This time in your life could present the perfect opportunity for you to reach out to others. You will notice that charity work and daily acts of kindness will enrich your life and shift your perspectives in positive and magnificent way.
- b. *Get back into your day to day routine.* This may be difficult at first, but by establishing a sense of normalcy and structure, you will alleviate some of your stress and regain a sense of control and purpose.
- c. *Set New Goals.* Your life has been changed in many ways. Your hopes, dreams and expectations for your future have been taken away. You may have inherited new roles as a result of your loss. Make sure not to lose yourself in this upheaval.

Ask yourself, “What do I want my life to look like in 1, 5, 20 years?”, “How am I going to make that happen?” Come up with a plan of action to reach your goals and ask someone that you can depend on to be your accountability partner. It always helps to have someone there to keep you focused and on track with your plan. Look forward and plan to move forward.

- d. *Self Acceptance.* This is important and you have to remember not to be hard on yourself. We are all here on earth learning and growing. It is through difficult times, trials and challenges that you really grow.

Consider taking time to write a list of the things you fear most in life. Then seriously consider ways you can work towards confronting and overcoming those fears. Also, write a list of the strengths and qualities that you admire most about yourself. Read these lists often as a reminder of the awareness you have of your strengths, your fears and your courage.

- *Step 4.*

Talk

Express your emotions and your grief. Talk to your friends about your loss. Talk through your tears. Don't hold them back. Do not deny your feelings or isolate yourself from the world. You have the right to be here and share your thoughts - It is imperative to your recovery.

Getting your feelings out of your system and onto paper can be very powerful and healing. Writing your thoughts and feelings in a journal may be a helpful form of self expression.

*Grievers want to feel better – So, promise yourself to reach out and seek the support and treatment necessary to move on with your life.
It is sometimes more comfortable to talk to someone outside of your family who can be objective about what you are going through.
Your Doctor, Church or Synagogue will have helpful suggestions.*

If you have any questions pertaining to the Grief ♥ Recovery Program® and Life Coaching you may call Karen at 866 991 NEXT and leave a message or dial her directly at 805 660 1636.

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