



A New Way of Navigating Grief

5 Gentle Yet Powerful Steps to Navigate
Grief Together as a Family



A NEW WAY OF NAVIGATING GRIEF

**If you're reading this, you're likely walking
one of life's hardest journeys.**

**Losing someone you love is devastating,
and balancing your grief with your family's
needs can feel impossible.**

My heart goes out to you.

**This guide is here to offer you simple,
actionable steps to process grief as a
family.**

**These tools helped my own family during
our darkest times, and I hope they bring
you a sense of connection and hope.**

Let's take it one step at a time together.

Tara Wendler



TRANSFORM YOUR THOUGHTS

*"You are not your
thoughts; you are aware
of your thoughts"*
Michael A Singer.

Step 01

When you're grieving, your survival mode can churn out so many panicky thoughts like "I should have done more".
"How will I keep going?" might feel constant.

But not every thought is true. We can often believe that our mind only ever gives us facts. In fact, it suggests thousands of ideas, and we keep what meets our focus.

Try This:

- Write down recurring negative thoughts;
- Ask, Is this true?
- Would a friend speak to me this way?

So maybe let the thoughts float past until you are ready to fact check them.



LISTEN TO YOUR FEELINGS

Feelings often show up physically before they make sense in our minds.

Step 02

You might feel tightness in your chest, a lump in your throat, or a wave of exhaustion.

These sensations are your body's way of saying, "something is not right".

Try This:

- Pause and name what you feel: "My tummy feels weird", or my shoulders feel tight.
- Teach kids to describe their physical sensations. For example, "My tummy feels funny" could mean they're anxious.
- Notice the behaviour after that, e.g I don't feel like eating.

Acknowledging these feelings, rather than fearing them, lightens the emotional load.



WELCOME EMOTIONS

"What we resist persists."
C. Jung

Step 03

Western culture often teaches us to try to suppress emotions, but grief is an invitation to reconnect with them. You might notice new emotions, like guilt or rage.

They are a natural stage of the problem solving. They are here because we learnt a story about why the feeling happened.

Try This Exercise:

1. Take three deep, slow breaths.
2. Name the emotion: "This is anger."
3. Ask it, "What do you need me to know?"
4. Thank it for showing up.

Remember, by accepting emotions, you help them pass more quickly.



CONNECT WITH NATURE

*Our DNA has a map of how
to restore balance.*

Step 04

Grief can feel suffocating, but nature has a way of creating space to breathe. Even a short walk outside can shift the heaviness and remind you that life continues.

Try This:

- Take your kids for a walk and collect leaves or stones.
- Talk about how everything in nature changes, just like your family is changing.
- Spend 10 minutes sitting under the stars, letting the stillness comfort you.

Your body and mind will thank you for the fresh air and movement.

NURTURE EACH OTHER



Step 05

Grief isn't just about loss;

Your family might feel messy, raw, and unpredictable—and that's okay.

By creating space for everyone's unique grieving process, you strengthen your bond.

Try This:

- Use an emoji system to check in: "Are you Meh, Sad, OK, or Storm Brewing?"
- Build a "feelings jar" where everyone writes down their emotions to share when ready.
- Ask outer-circle friends or family to do the same, so you can support your kids.

Honesty and vulnerability will carry your family through this.

YOU ARE NOT ALONE

Grief doesn't have to be a journey you walk alone. These five steps are small but powerful tools to help you and your family find moments of peace and strength.

Keep this guide close and take it one moment at a time. It's an entirely new experience with a language all of its own.

Together, we can rebuild a life filled with love, confidence, and hope.



Thank You

LET US STAY IN TOUCH

I trust this has brought awareness to the more foundational aspects of grief and how to carry it along it's journey.

My sincerest condolences to you and your family, for this loss.

I look forward to supporting you in the future.



TARA WERDER

"I help widows recover and rebuild, with confidence."

