



The Grief Recovery Roadmap

Because Holding It All
Together Is Breaking You

Welcome...

If you're reading this, you're likely in late-night worry spirals and holding space for your kids' pain – while yours stays buried under the surface. This is for the part of you screaming, "I can't do this anymore."

My heart goes out to you.

This guide is here to offer you 5 Practical Shifts for Widowed Parents to Reclaim Calm, Confidence, and Connection.

Because grief lives in the body, not just the mind. And when your world falls apart, you need something real to hold onto.

These tools helped my own family during our darkest times.

Tara Wender



LISTEN TO YOUR BODY (BEFORE IT SCREAMS)

Step 01

Grief doesn't just show up as tears — it lives in your shoulders, your stomach, your immune system.

If you've felt exhausted, snappy, foggy, or sick — it's not just stress. It's sorrow being stored.

Try this:

- *Notice where tension lives (shoulders, jaw, gut).*
- *Use 3 deep nose breaths when anxiety peaks.*
- *Take a minute to ask: Is this a feeling, or a warning sign from my body?*

💡 *Tool: Ask me about the Body Hacks guide to explore tension, sadness, and immunity in a grief-safe way.*

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RECLAIM MORNINGS (WITHOUT MELTDOWN)


Step 02

The first 10 minutes of the day set the tone. But most widowed parents start the day in reactive mode — school shoes, silent teens, forgotten lunches. You deserve more than that.

Try this:

- *Keep your phone away from the bed.*
- *Sit with a cuppa. Breathe before the noise begins.*
- *Say (out loud if you can): “I’m here. I’ve got this, even if it’s messy.”*

💡 *Mini Reset: Place a journal or notepad next to your kettle. Write one word each morning — not to explain, just to witness.*

A woman and a young child are performing downward dog yoga poses in a sunlit living room. The woman is in the background, and the child is in the foreground, both with their hands on the floor and feet lifted. Sunlight streams in from a window in the background, creating a warm and peaceful atmosphere. The room features a patterned rug, a green armchair, and a white wire basket.

USE GENTLE MOVEMENT AS MEDICINE

Step 03

You're not training for a marathon — you're surviving something brutal.

Movement can be grounding, not punishing. It clears cortisol. Shifts stuck sadness. And helps when words fail (especially for your kids).

Try this:

- *Walk in nature — even 10 mins.*
- *Stretch while waiting for the jug to boil.*
- *Kick a footy, bounce a ball, or play chasey.*

It's not "exercise." It's a nervous system reset.

💡 *Tool: Movement Hacks for easy ways to move through grief without guilt or gym clothes are available if you need some inspiration.*

LET EMOTIONS RISE (WITHOUT DROWNING IN THEM)

Step 04

We often resist what we feel — especially when our kids need us, work needs doing, and we're expected to "be strong."

But ignored emotions leak out anyway — through anger, snapping, tears over the dishes.

Try this:

- *Name the feeling out loud: "This is sadness. This is rage. This is numb."*
- *Ask it: "What do you need me to know?"*

Don't rush it. Don't judge it. Just name it and breathe.

💡 *This is where your grief softens — by letting it move through you. It only takes 90 seconds if you let go of the rules you have around emotions.*

REBUILD EMOTIONAL SAFETY (EVEN IF NO ONE TALKS YET)



Step 05

Grieving kids don't always talk. They roll their eyes. Slam doors. Push. Or, go quiet for days.

You're not failing — they just don't know how to name their pain.

Try this:

- *Use emojis or colours to check in with your kids (green = okay, red = overwhelmed).*
- *Create a "Feelings Jar" — where anyone can drop in a thought without talking.*
- *Say: "You don't have to explain it. I'm here when you're ready."*

💡 *Start with you. When you regulate, they feel it — even if they don't say a word. And if you have some neuro-diversity creeping in, this part is a game changer.*

A photograph of a window with light-colored, sheer curtains. The curtains are slightly parted, revealing a view of trees with yellow and orange leaves outside, suggesting an autumn setting. The lighting is warm and soft.

You're On Your Way!

Grief is unpredictable. It isn't linear. But you've taken five steps toward a steadier nervous system, a more connected family, and a kinder voice in your own mind.

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.

We can do this together – one breath, one cuppa, one walk at a time.

Welcome

My name is Tara



I'm Tara — a life and grief coach for widowed parents. After losing my husband during the pandemic and raising two kids on my own, I learned firsthand how overwhelming survival mode can feel.

My work now focuses on helping widowed mums and dads find balance again, honour their grief, and rebuild a home where everyone feels safe, connected, and supported.

Everything I teach comes from both lived experience and professional training — practical tools, gentle guidance, and a steady place to land as you navigate life after loss.



WANT TO GO DEEPER?

If this roadmap spoke to you, let's chat.
You don't have to walk this part alone.

 Book a free 30-minute grief coaching conversation

HERE

 Download the full printable grief journal companion

 Join my private Facebook group for widowed parents

 instagram

Thank you!

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Journaling QUESTIONS

CONSIDER THE FOLLOWING QUESTIONS WHICH CAN HELP YOU
GAIN CLARITY ABOUT WHAT YOU GRIEVE

1. Shock - What things do you find 'hard to believe'

2. Anger - Which situations challenge you? What really makes your blood boil? 3 things (not people)

3. Sadness - when do you feel this most? what time of day? what does your body feel like when this happens?

Journaling QUESTIONS

CONSIDER THE FOLLOWING QUESTIONS WHICH CAN HELP YOU GAIN
CLARITY ABOUT WHAT YOU GRIEVE

4. Bargaining - What "If this.... then that..."
thoughts come up?
What problem solving do you notice ?

5. Acceptance - Did you take a deep sigh?
Does your mind feel still for a moment?
Is there a whisper of Yes ?



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."

