



Mastering Sleep for Grievors

Say goodbye to sleepless nights and
overwhelming days.



Mastering Sleep for Grievers

Welcome and thank you for downloading this guide.

Losing a spouse can be one of life's most challenging experiences, and navigating the complexities of grief.

So often we get off to sleep "OK", but wake up suddenly, or often and it can leave you stuck in a scary dream, or a deep worry.

Because I know what it is like to fear the nights and cry through the days. I am here to support you to "restore" a healthy night's sleep, by sharing 5 sleep foundations.

Feel free to build upon this over time as you become more confident.

As you move through this toolkit you will engage in reflective exercises, journaling prompts, and practical activities designed to help you identify what's waking you up.

It aims to cultivate a go-to routine that lets your body settle, regardless of your load.

My hope is that you will feel more empowered, resilient, and confident in facing the true challenges you have, knowing your mind and body can have your back.

MYWIDOWSTOOLBOX.COM





Welcome

My name is Tara

I'm a mother of two neurodiverse children who found herself widowed, by Cancer, during the challenging times of the 2020 Covid-19 pandemic. When our lives seemed to spiral out of control, I knew I had to upgrade my skills to navigate the storm.

Coaching helped our family find perspective, self-trust and confidence, to live widowhood our way.

I left my life as a Bank Manager, trained as a professional certified coach, and now get to help families, like yours, rebuild confidence each day.



TRANSFORM YOUR THOUGHTS

"The darkest nights produce
the brightest stars" anon.

Step 01

The lure of the sofa can be enticing for adults and kids alike and waking up 2 hours later discovering it's not yet midnight is only fun if you are about to fly on an overseas holiday.

For Grievors, every cell in our body is "exhausted", dehydrated and full of all the ingredients of worry.

Sleep routine, like any routine, is as much about the contribution of each step, as it is about a cue, a promise about to be kept.

It's a signal to our minds to end their shift, and for our bodies to begin their repair and restoration. We need to be told, just like a 4year old. Just like breaks on a fast car, we need time to actually come to a stop. Let this be a basic, beginning framework that you make into habit, before you add bells and whistles.

MY SLEEP ROUTINE

SIT AND LISTEN TO
YOUR BODY

STEP
01



STEP
02

HYDRATEE

Support your Liver

JOURNALING

Clear out the thoughts.

STEP
03



STEP
04

THANK YOU....

for letting me know. I'll
work on it tomorrow.
Now it's time for sleep.

SQUARE BREATHING

Calm the nerves
4 big breaths through the
nose and out the mouth.

STEP
05



STRESS MANAGEMENT



Our inner voice wants to be heard. And some of us have an angry mob, or an overactive research clerk working the graveyard shift.

So I suggest that you keep a notebook by your bed so you can record what woke you up.

You don't have to write full sentences—just a few bullet points to acknowledge what's on your mind. Writing delegates the ideas to another part of your mind... Very handy.

Once you are done, this mantra is very powerful to say to yourself,

*“Thank you, body, for letting me know
I need help.
I’ll work on this tomorrow.
Now it’s time to focus on sleep.”*

This validates the ideas were important. It schedules the stress for later, and instructs you back to sleep.

Step 02

STRESS MANAGEMENT

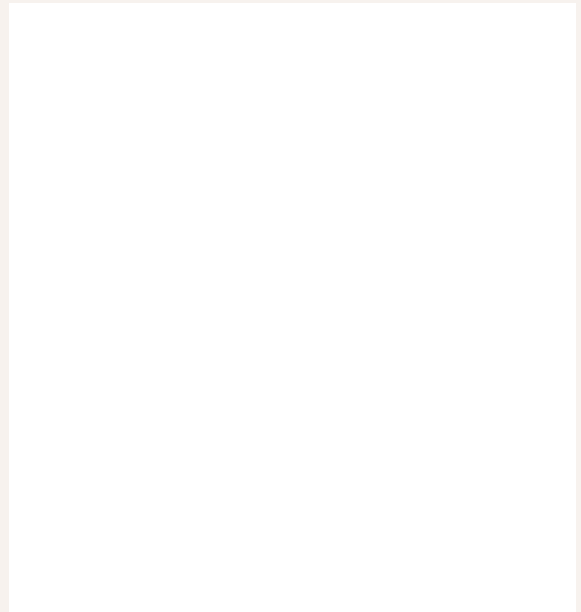
Journal prompts for Widowhood

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND
WHAT YOU NOTICE MOST ABOUT BALANCING YOUR THOUGHTS,
FEELINGS AND FACTS.

FAMILY - IMMEDIATE



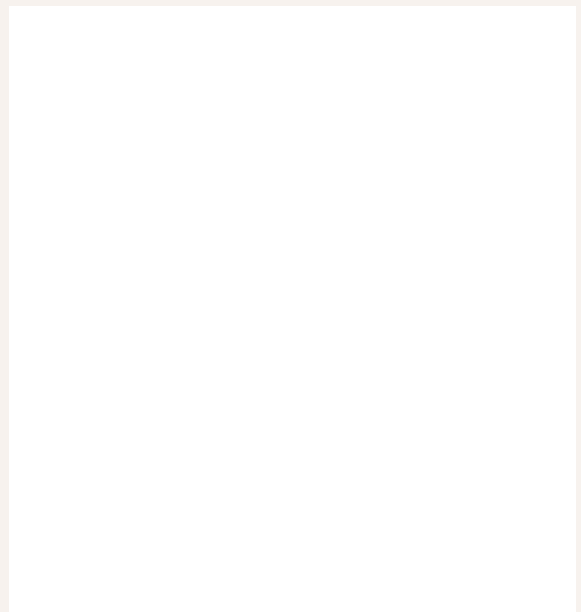
EXTENDED FAMILY



HOUSEHOLD



FINANCE



STRESS MANAGEMENT

for Widowhood

WRITE A SHORT STATEMENT ABOUT EACH AREA IN YOUR LIFE, AND
WHAT YOU NOTICE MOST ABOUT BALANCING YOUR THOUGHTS,
FEELINGS AND FACTS.

FAMILY - IMMEDIATE

EXTENDED FAMILY

HOUSEHOLD

FINANCE

STRESS MANAGEMENT

AFTER THE FIRST WEEK OR
AT THE END OF 10 DAYS,
WRITE A PLAN AND ACTIONS
YOU WANT TO TAKE, IN
ORDER TO IMPROVE IN THAT
SPECIFIC AREA.

ACTIONS TO TAKE:

☐

☐

☐

☐

the plan



PUTTING GOOD THINGS IN

Step 03

For the newly widowed, a racing mind or feelings of anxiety can also lead to insomnia.

Some foods can help you sleep.

When you inevitably realise that you are in fact hungry and tired because you bypassed the dinner circus, due to exhaustion, it's handy to know what things you can grab to build yourself back up.

A 2021 study showed that fats like omega-3 fatty acids can reduce the time it takes to fall asleep. According to research from 2016, higher-protein diets may also contribute to improved sleep quality. If you love bananas, you're probably familiar with the effects of tryptophan. This amino acid converts to serotonin and melatonin, which both help the body, in regulating an anxious mood.

Meal time can be one of the toughest when we are grieving, so keep the list, on the next page, on your fridge.

Food 4 SLEEP

NUTS

Almonds and Cashews , 1 hand scoop = magnesium & zinc.

FOOD
01



REDUCE CAFFINE

Coffee is less helpful on grief days, too much adrenaline.
Green or Camomile tea.

FOOD
02

PROTEIN



I love bag salad and a piece of red meat. Less stress & less wasted food.

FOOD
03



OMEGA 3

Our paediatrician shared salmon and fish helps reduce stress impacts.

FOOD
04

KIWI FRUIT

This family are awesome for kids.

FOOD
05





CREATING CLOUD 9

Whether you are in the first few weeks or years, there are a few acts of kindness that you can do to create a place you want to rest in.

Step 04

This doesn't have to mean running off to a bedding shop, but here are a collection of must do's widows have recommended:-

1. Buy a set of quality sheets, like in the 4 star hotels is totally worth it.

2. Pulling open the curtains a little as you get into bed, will allow the sun's rays to wake you up in the morning, which is great for your circadian rhythm.

3. Essential oils, or pillow sprays with lavender, chamomile or Ylang Ylang, are great to bypass our mind at sleep time and really helpful for kids rooms too.

4. Upgrade your pillow.

5. Pay for Spotify and play their collection of sleep tunes or white noise.

Setting up your space is the first step to rescuing yourself, and having your own back. You've got this!

Tool 05

CHILDREN'S SLEEP SUPPORT GUIDE

Here are some ideas, tried and tested, that will give you a balanced toolkit.

It can be tempting to bark out the traditional Clean your room, brush your teeth and go toilet, but you already know that isn't working, which is why you're reading this.

Please personalise these with the kids. Let them help create their own routine.

Here are my favourites:-

- Change into Pyjamas as a mental signal.
- Turn down the lights.
- Have a small chat about what they grieved that day, what they thought went well and 1 thing that is good about tomorrow.
- Reading a calm story, or giving them a back rub can let your voice calm them.
- For harder nights, try EFT Tapping, it is a simple quick way to use acupressure, and feels like a massage. (good for adults too).

Lastly, leave them with a saying that they will recognise means final bed time, like see you when the sun comes up.



YOUR NEXT STEPS...



Thank you!

Book your complimentary

Rediscover Call

HERE

Let's begin your
transformation.



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www.mywidowstoolbox.com



Thank You

LET US STAY IN TOUCH

I trust this has brought awareness to the more foundational aspects of how you find your confidence and more aspects you can control.

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 rediscover confidence."

