

# Episode Notes

## UNDERSTANDING GRIEF

### REFLECTION:

**YOU DON'T HAVE TO DO THIS ALONE!**

### KEY POINTS:

- Everyone's grief journey is unique
- We are all impacted physically, mentally, and emotionally after a devastating loss
- We must lower our expectations of ourselves and others
- The only way through grief is to grieve

### STEPPING STONE:

- Personal awareness is always the starting point to healing - so take a moment to consider your current state of mind. Ask yourself - How is grief impacting me physically, emotionally, and mentally right now?
  
- Where might you need to lower your expectations of yourself or others?

### HEART CHECK

Date:

What have you been thinking and feeling today?

