



# Adult Grief Booklet

+ *10 Day Reflection Guide*

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# Introduction

I'm proud of you for taking a step to see how you can move forward your healing journey. This booklet was created to reach MORE people where they are...at their own pace, in hopes of healing and growing.

Grief is not something to get over. It is not something that needs fixing, but with the right tools it can make your healing journey healthier and more meaningful.

These booklets are written to help explain that you are not alone in your grief journey, and hope to provide some information and action items for healing.

*"A recent study, done before this pandemic by Amerispeak and WebMD, found that 57% of Americans are grieving the loss of someone close to them over the last three years. That means every other person you see is grieving — because grief never really goes away."*

These booklets are published monthly to keep grief healing at the top of mind. This includes new articles and content each month, as well as a NEW 10 Reflection guide every month. I hope you find value in these booklets, and would love your feedback. If you would like to look back at past months booklets visit [www.hopeshousewi.com](http://www.hopeshousewi.com) for a free download.

## **What you can expect from this booklet:**

Real talk from people who have gone through a tough loss.  
No SHOULDs (you should do this...)

Sending healing thoughts your way,

**Gina Peotter**

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## What Is Inside Will Come Out

You might have heard the saying ‘what is inside will come out’. One of my favorite people Dr. Wayne Dyer wrote an [article](#) about this topic. There is also a video that was created- [view it here](#). He talks about, if you squeeze an orange, what would come out of it? Obviously it would be orange juice... so if someone pressured you what would come out of you?

He explains how you treat yourself, and what you feed yourself (watch, read, see, act on, talk about, hold inside...) will come out in tough times. If you constantly talk down to yourself and are in a negative mood a lot, that is what will come out. You might exude anger and more negativity either towards yourself or others.

The good news is that you can change this at any time. You can start feeding yourself with positive things such as: music, self love and compassion, reading inspirational stories, watching videos that bring you joy, gratitude, positive conversations with friends and family, anything that brings you happiness instead of negativity. By making some internal changes your reactions to situations and other people will improve. This goes back to the saying “hurt people, hurt people”. This is the same principle, because someone has so much hate and anger inside, it is what oozes out and affects other people.

Oftentimes change can be difficult if you have been living the same way for a long time. It can be hard to change your inner dialogue from negative to positive. It can be hard to get out of a life of sadness and hurt. It can be hard to not feel mad. But if you are willing to try new things, you can make a positive change in your life.

Some other suggestions are to create a new healthy habit. This could be planning a walk with a friend once a week, or join a cycling group. You could try a kickboxing class or lean into your faith more if you are religious. Don’t be afraid to reach out to others as well. Call someone who you think is a positive person. Reach out to your doctor if you are struggling with depression or anxiety. Watch funny videos before bed each night to end your day on a joyful vibration. Even a conscious decision to not watch the news or consume news media for a week and do something positive instead can make an impact.

**Just remember the only person who can make a positive change in your life is you.** If you don’t like what is inside of you, you are the only one who can change that. If you regret yelling at your kids the way you did, or how you snapped at the innocent waitress, or when you exploded on a coworker, or broke down crying at something small... reflect on that. What was really inside of you that you might need to work through?

**Action Item:** Take some time to think about what is really going on inside of you. *My top 3 emotions that keep resurfacing this week are \_\_\_\_\_*

Circle the emotion that feels the heaviest. What is the root cause of this emotion? What can you do to work on this emotion in a healthy way? If another person is involved try using this sentence structure.

*“This week I realized I was carrying around a lot of \_\_\_\_\_ inside, because \_\_\_\_\_ . I wanted to explain to you why I might have acted the way I did.”*

## Visual of Your Past

You are about to work through a powerful exercise that may seem like it would be meant for younger kids, but anyone can work through this at any age. We are going to map out your life. This is a way to make your past into a visual, and to see in front of you all the different changes you have gone through, throughout your life.

1. Take out a piece of blank paper and draw a line.
2. On the far left side put your birth date.
3. On the far left write “today” and the date, then continue the line farther to the right or below your line.
4. As you move to the right make a mark with any big events in your life. Some ideas are listed below.
5. Then where you have gone through a death- on your timeline make a bar straight up for each death. The taller the bar the more intense the loss was.
6. For each item on your timeline put a + where it was a positive event, and - where it was a negative event.
7. Get out a bright color and review your timeline. Think about which one or ones still seem unresolved or unfinished to you. Highlight those on your timeline.
8. Make notes if you can identify any stages or turning points in your life.
9. Lastly write out what each event taught you.
10. Keep this somewhere safe and revisit it when new events in your life occur to continue your timeline and learnings in your life.

Born \_\_\_\_\_ Today  
(DATE) \_\_\_\_\_ (DATE)

**Ideas:**

- |                                     |   |
|-------------------------------------|---|
| Getting a new pet                   | Marriage, Divorce                       |
| Big birthday you remember           | Trips/Vacations                         |
| Starting a new school               | Awards                                  |
| Moving house                        | Graduation from schools                 |
| Birth of sibling, kids, grandkids   | Degrees, Certificates, Achievements     |
| New Friends                         | Got Drivers License or Lost License     |
| Death of pet, friend, family member | Tickets or jail (you or family members) |
| Car accidents                       | New cars                                |
| Accidents                           | Celebrations                            |
| Big life events                     | Jobs - starting, stopping               |
| Joining groups                      | Attending something new                 |
| Volunteer work                      | Change in family structure              |
| Relationships                       | Attack/Trauma/Abuse                     |
| Armed Forces                        | Mental health issues                    |
| Diagnosis in the family             |   |

Notes:

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**Action Item:** If you want to dig deeper with your timeline. There are some more questions to help deep dive into processing your past [in this article](#).

# Regrowth

*“Don’t like the concept of change scare you as much as the concept of staying unhappy.” -Timber Hawkeye*

We go through a lot of different seasons in our life. The same is true with a grief journey. Sometimes it is necessary to let go of things that may be holding us back to move forward into a new season. This is mimicked in the seasons in our climate. In order for a flower to bloom it starts as a seed, then breaks through the ground, and blossoms. These flowers can’t live through a harsh winter, so they must go back into the earth and grow again. A change takes place for regrowth to happen.

The season of regrowth in Spring is such a beautiful time. Grass becomes green again, flowers bloom, birds migrate back, trees bud flowers, baby animals are born... so much change and regrowth happens. Imagine if our world around us stayed cooler, muddy, brown/yellow grass, no birds chirping, bare trees, gloomy skies, and no new animals... It's a pretty dark/sad and low feeling, isn't it? That is how a lot of people feel after a death. Some people stay in this state of mind, emotional and physical feeling for a long time.

It isn't until a person makes a decision to move past the grayness, that any change and regrowth can happen. For some people it is just a natural progression that happens and they may start to heal faster and move through their grief right away. Others can be in this state for months and even years without realizing it. Many people don't change because they are uncomfortable or uneasy, and are scared to be vulnerable and actually show emotions. BUT growth can be beautiful, like the renewal of Spring.

Nobody can make you grow or change. It is something that is a choice that only you can make when you are ready, or when your current state is not acceptable to you anymore. Then wonderful things can happen. “Be like a flower, survive the rain but use it to grow.” -Unknown

You can move forward after a tough death! It is possible. I have seen it happen with hundreds of people in really hard circumstances and tragic losses. The main reason why they decided to take a step in their healing journey was either; because they wanted to feel better than their current state, or they wanted to use their tough loss to help others. In both situations people made a choice to grow into a new season of their life, a happier one, and a more meaningful one.

This might sound wonderful and like shiny roses, but how do you do this or where do you turn? I recently heard someone say, “We grieve like we live our lives. If you don't know what to do in situations- you do what you know”. I love this because it is true! Nobody is taught how to grieve, or how to go through a death. So by default we as humans do what we know. For a lot of people that is to suppress feelings and bottle them up.

Depending on what you like there are many resources available out there, or even things you can do on your own.

**If you like to keep to yourself** you might look for grief or personal development books if you like to read, or podcasts and videos if you like to listen. Try just writing or typing what is going



on in your life on a piece of paper or device. You could try looking on YouTube for a video or meditation specific to grief as well. The cool thing is you can try these things without anyone knowing if you are apprehensive about taking a step into something new.

**If you like to connect with other people** you might want to reach out to someone you know who has gone through a similar death. Or look for a grief group in your area or online. Circles is a great app that connects people with others who have gone through similar loss.

**If you are more closed off to talking to a group, but would try something** 1 on 1- reach out to a counselor, local funeral home, connect with a grief group that might have individual connections, or your local church.

**If you are looking for a baby step** into growing in your grief journey try something like looking at pictures of your loved one. Or you could play their favorite song and jot down some notes about what was going on in your head while you listened to it. If you have been avoiding crying, watch a movie that you know will make you emotional. If you want to work out some anger try something physical like kickboxing, axe throwing, a smash room, or punching a pillow.

Some of these (or all) might sound uncomfortable or out of your comfort zone. That is probably the reason why you haven't taken a step to move forward, because it doesn't feel comfortable or easy. **Change takes a bit of courage and work. But just like the Spring wonderful things can come from it.** Be that flower that fights to get through the earth, because no matter what, you will grow from it. Even if you try something and realize it is not for you- you took a step and learned what won't work for you right now. Maybe it is something that will help you later in life, but right now it is not your cup of tea.

I've read lots of books, listened to so many podcasts, tried journaling- almost to the point of forcing myself because everyone says journaling works wonders, mindfulness, writing, meditation... I've learned what really makes me think and process my emotions right now in my life... and what doesn't do much for me.

Once you learn what is helping you grow, **do more of that when it feels right.** For me, I'll take a meditation/journaling or yoga/journaling class (virtual or in person) a few times a year. I get A LOT out of those! I tried doing meditation and yoga on my own at home with an app and I couldn't get in the right headspace for it. Maybe someday it will be what I need in my life, but doesn't seem to help me right now... I used to love kickboxing in the morning and would see a counselor a few times a month, but both are not something I feel I need in my life right now. So right now for me (in this season of my life) I'll stick with doing some journaling classes, retreats, writing, going to an adult grief group and reading books for my personal development and healing journey.

Try something and do what works for you, don't force what other people tell you will help.

**Action:** Think about how you like to spend your time- is it alone? With a few people? With groups of people? Use that information to reflect on and try something new in association with how you like to spend your time.

# Book Recommendations

## Kids Self Regulation Books

*Worry Too Much* by Bonnie Matthews is a neat book and workbook for kids who may need help understanding anxiety. It explains what it feels like in your body and how to work through the worries.

*Mindful Me* by Whitney Stewart is a book that explains how to be mindful and different poses and practices for kids. It has some quizzes and talks through feelings in your body and breathing.

*The Way I Feel* by Janan Cain is a great book about how different feelings and emotions kids have. It is a great book for kids as young as two or three and up to teens. Definitely a book worth looking into.

*The Way I Act* by Janan Cain is another great book about feelings and behaviors associated with those feelings. It is a great book for learning how to control your actions with emotions.

## Adult Grief Books

*It's Ok Not To Cry* by Gina Schampers is a book about a girl in her 20's who lost both of her parents. She struggled with the death of both parents in different ways. There is also others stories on the topic of suicide, child loss, friend loss and quotes.

*"Option B"* by Sheryl Sandberg. I loved this book and just rented the audiobook to listen to again. The beginning is super sad, but worth getting past. It is about her husband who passed away and is living her life after that and finding her new self.

## Adult Gratitude Podcast Practice

The Alison Show-

<https://thealisonshow.com/podcasts/awesome-with-alison-ep-24-im-freaking-grateful-a-gratitude-practice-to-help-you-love-your-life/>

## Adult Personal Development Books

*"Present Over Perfect"* by Shauna Niequist. This book was eye opening for me! One of those ah-ha moments happened while watching her videos, interviews and reading the book. I knew I was running myself ragged trying to make everything from scratch, have these great meals, clean house, and everything in its place...all while doing fun trips and events with family. Turns out not all of that really matters. What matters is being present with your family. It is a great read for busy moms!



"10% Happier" by Dan Harris. I actually listened to the audio book- the author is the one narrating the book and it is super entertaining! It is a trip through the life of Dan Harris (ABC News) and his quest through interviewing personal development authors, trying to find out how to quiet your mind and live in the present moment. He interviewed and read books by Eckart Tolle, and Deepak Chopra, and touched on the movie/book "The Secret".

"The Wisdom of Sundays: Life-Changing Insights from Super Soul Conversations" by Oprah Winfrey. I am a big fan of this one. If you have watched the show *Super Soul Sunday*, it is excerpts from her guests on the show. Each chapter she writes an introduction on some of her ah-ha moments. The photos in the book are really good too.. One part that stuck out to me was about worrying about the past... it is about the thought that the past could have been different...when it couldn't. It was eye opening to me.

"5 Second Rule" by Mel Robbins. I really enjoyed it, definitely one I will read again to make sure I soak everything up. Love the author and hope to meet her someday. <https://melrobbins.com/> Her TedTalk and podcasts are AWESOME for motivation!

**Tip: Don't run out and buy a book because someone says it is great- each book speaks to a person differently because of what they may be going through in their life. My suggestion is to reserve it at your local library. That way if you start reading and think this is awesome- then buy it for your library collection!**



# Journal Prompts

1. What helps you most right now?
2. What hurts you most right now?
3. What identity do you think you need to be?
4. What parent did you strive to gain acceptance from as a kid?
5. Who did you try to be to gain that acceptance?
6. What patterns do you see in yourself after the death of your loved one?
7. What are you not doing because of fear?

## 10 Day Reflection Guide- New Death

You can use these anyway you would like. Read them all at once and ponder the questions. Or you can take a few minutes each day to go through one. Another idea would be to read them together with someone else, and share your thoughts. These can also be used as journaling prompts, get out a journal, notebook, paper or computer and write out your thoughts... see where they may take you. This is designed to work anyway you want it to. The goal is to be true to yourself.

**Day 1:** *"Unfortunately, there is no expiration date on grief" - Elizabeth Czukas*

Grief is something that lives with us for the rest of our lives. The pain can dissipate as time passes on though. You are now in a club that nobody ever wants to be in, the grief club. We all went through a tough death, and will live with that for the rest of our lives. The good news is that you can go at your own pace.

👉Q: How do you REALLY feel about where you are today in your grief journey?

**Day 2:** *"Accepting death doesn't mean you won't be devastated when someone you love dies. It means you will be able to focus on your grief, unburdened by bigger existential questions like, "Why do people die?" and "Why is this happening to me?" Death isn't happening to you. Death is happening to us all." - Caitlin Doughty*

You are not alone in your journey even though it might feel like it right now. The reality is that a large number of people in your town have experienced a loss as well. "About 2.5 million people die in the United States annually, each leaving an average of five greiving people behind." That's a lot!

👉Q: Do you think you are at the point where you have accepted the death of your person? Do you still feel alone in your journey?

**Day 3:** *"I aspire to be the widow my husband would be proud of....still." - Mary Lee Robinson*

I love this quote. It is an interesting way of thinking about making something good out of a terrible experience. Think of the person who died. If they were sitting next to you right now, would they be proud of how you conduct yourself or sad to see you are having a tough time functioning?

👉Q: What can you do today to take a step in a possible direction to make your loved one proud of you?

**Day 4:** *"It had been many months since I'd shed tears for Tomaso, but grief is like that. It's not a continuous process; it comes in waves. You can keep it at bay for a time, like a dam holding back a lake, but then something triggers an explosion inside of you, shattering the wall and letting loose a flood." - Paul Adam, Paganini's Ghost*

We tend to call this “grief triggers”. They usually come out of the blue and can be intense emotionally. I was the girl sobbing in a Kohl’s Department store in the clothing section one day, because of a song that came on overhead... and this was 4 years after my mom died. They can come on at any time. BUT as you do the healing work they usually are farther and farther apart.

👉Q: Thinking back, have you had any of these “grief triggers” in the past? What did you do with them- hold it in or let it out?

**Day 5:** *"One of the grubby truths about a loss is that you don't just mourn the dead person, you mourn the person you got to be when the lost one was alive. This loss might even be what affects you the most."* - Meghan O'Rourke, *The Long Goodbye*

You can grieve your person and you can grieve the life you used to have... that is a real thing! You can grieve the life you had planned with the person who died. Grief is complicated. Read more about secondary loss in our free download ([January Grief Booklet](#)).

👉Q: What are you grieving besides the person you died?

**Day 6:** *"When someone you love dies, you get a big bowl of sadness put down in front of you, steaming hot. You can start eating now, or you can let it cool and eat it bit by bit later on. Either way, you end up eating the whole thing. There's really no way around it."* - Ralph Fletcher, *Fig Pudding*

Such a good analogy around grief! Some people push the bowl aside and don’t touch it for weeks, months or even years... when they finally get back around to that bowl it has a lot of yuck on it, and it’s worse to eat. The more you push that bowl away, the worse it will be to eat later on. By working through your grief now, it can help you process it in a healthier way.

Don’t feel like you need to do all the work now and get through that bowl as fast as you can... life will fill it back up if you aren’t taking care of yourself. If you need a break from grief work, take a break. Taking care of your mind, body and soul is also healing work.

👉Q: Do you feel like your mind, body and soul is in balance today? If not, what seems out of sorts that you might need some extra care on?

**Day 7:** *"Among other things, Kathryn knew, grief was physically exhausting."* - Anita Shreve, *The Pilot's Wife*

Physical symptoms of grief are a real thing! Feeling drained, or having unusual aches and pains, forgetfulness, digestive issues, increased trips to the bathroom, headaches or migraines... these (and more) physical symptoms can be related to your grief. (please consult your doctor if you are having any major problems). A lot of people report having troubles sleeping as well. Here is a great article from What’s Your Grief that unpacks this a bit more. [Click here >](#)

👉Q: Do you suffer from any physical symptoms of grief? Have you seen other grievers who have complained of any of these symptoms?

Here is an article on self-care tips for grievers from What’s Your Grief. [Click here >](#)



**Day 8:** *"I had met death before, in different forms--I knew quite well the pattern of my grieving. First came shock, and then tears, and then a bitter anger, followed by a softer grief that time would wear away."* - Susanna Kearsley, *The Splendour Falls*

Nobody really tells you that your grief journey will be filled with all kinds of emotions all over the place. You are not broken, well your heart might be, but you as a person are a body with a lot of new intense emotions you may not have dealt with before. People usually don't read a book or learn what it's like to grieve BEFORE a death happens. And even if you do like in the case of an anticipatory death... it still never really prepares you for what your life is actually like in the AFTER.

👉Q: What have been some things that came up that you weren't prepared for after the death of your person?

**Day 9:** *"Funerals seem less about comforting the souls of these dearly departed than about comforting the people they leave behind."* - Rin Chupeco

Think back to the funeral, memorial service, celebration of life, burial or any commemoration you may have had to celebrate their life... were there a lot of support and comfort for your family? Did anyone send flowers or plant a tree in memory of your loved one, send a card, or text or call? That is support, that is community, that is love! Think of all those people who took time to go to a store, buy a card and drop it off or mail it.

👉Q: Who has been your biggest supporter or rock through all of this? Consider sending them a thank you text, note or card.

**Day 10:** *"Never compare your grief. You - and only you walk your path."* - Nathalie Himmelrich, *Grieving Parents: Surviving Loss as a Couple*

You and another person will go through completely different grief journeys. Even if you lost the same person (a sister, dad...). Each person's grief is complex. It all depends on your relationship with that person, how you handle stress, how you take care of yourself, what you do in tough times... so many facets make up this complicated ball called grief.

What I can say is that by you taking care of you and walking your OWN grief journey, it can help others heal as well. They might see how you are improving your mood or appearance and it could trigger another person to take action in their own grief journey.

On the flip side, if you feel like you are not as "far along" in the healing process as someone else... that is playing the comparison game. You might not know what is going on inside that person, or how much work they did to get to where they are now.

👉Q: Take a moment to do an inventory of your life... how do you think you are doing HONESTLY right now?

## 10 Days of Reflection- 1 Year+

This section is intended for anyone over the year mark after a death. Not saying there is a time limit on grief, but most lives look a bit different days after a death vs a year or more out.

You can use these anyway you would like. Read them all at once and ponder the questions. Or you can take a few minutes each day to go through one. Another idea would be to read them together with someone else, and share your thoughts. These can also be used as journaling prompts, get out a journal, notebook, paper or computer and write out your thoughts... see where they may take you. This is designed to work anyway you want it to. The goal is to be true to yourself.

**Day 1:** *“If they wanted nothing more than for you to be happy in life... Why would that change, in death?” - John Polo*

Woah! Did your person always wish for you to have a good life and be happy? Maybe in honor of them you can strive to do that?! Easier said than done of course. If you take inventory of your life how would you rate yourself on a scale of 1-10, 10 being amazing for the following categories:

1. Health \_\_\_\_\_
2. Relationships \_\_\_\_\_
3. Finances \_\_\_\_\_
4. Mind \_\_\_\_\_
5. Activity level \_\_\_\_\_
6. Stressless \_\_\_\_\_
7. Sleep \_\_\_\_\_
8. Diet \_\_\_\_\_
9. Grief Work \_\_\_\_\_
10. Coping with emotions \_\_\_\_\_

👉Q: Circle the one that you think needs the most improvement. Then put a star next to the one that you are doing a great job at! Underline one in the middle-- do you think you could work on the one in the middle? Try to get a 10% improvement from now to next month.

**Day 2:** *“Grief from a parent’s death feels like you want to go home but can’t ever again.” -AEM Writing Grief*

Your home, your security, your safe place is gone! That is true with a lot of different types of death. After losing my dad things never felt the same, almost as if your innocence is gone. Home is not the same. Then after my mom died, it figuratively was gone, we sold my parents house. That “home” feeling isn’t something I have anymore and that is sad!

👉Q: What do you feel you lost besides your person?



**Day 3:** *“Grief club (n) - the club nobody asked to join, where membership is automatic after losing someone you love.” -Glitter and Grief*

I hate to say it, but welcome to the club. We never want new members, but it happens everyday. We are glad to comfort you and be here for you! If you haven't gone through a tough death you have no idea what it is like. That is the honest truth! Nobody can prepare you for what it will be like. Sure there are ways to learn what emotions might come, but until you are in the middle of it you'll never understand.

👉Q: What is one thing you wish someone would have told you about life after their death?

**Day 4:** *“I told someone ‘welcome to the grief club’ and I’m sure I sounded crazy. For clarity... We’re not here by choice. Nobody wants to be here. Yet somehow I’m bonded with people I’ve never met over this pain of my grief. They get it. I get it. You get it. Once you’re in.... sadly you just get it. So, welcome to the grief club.” - Glitter and Grief*

You get it, I get it... it's a sad phrase, but oh so true! Do you know other people who belong to this club? There are different chapters. Spouse loss, child loss, suicided loss... you get the idea. But we are all tied to the same topic of a friend or family member who died.

👉Q: Who can you reach out to today that is in the club to ask how they are REALLY doing or, plan a coffee date just to spend time with them?

**Day 5:** *“What you choose to focus on... will grow.” - Unknown*

Is your brain a positive one or a negative one? If you had to tip the scales one way or the other what would you say a day in your head is more positive or negative? Based on that answer probably is also mirrored in your life. If your mind is tipped more to negative thoughts, are there a lot of things going wrong in your life these days? If your mind is tipped more to the positive, are unexpected things happening in your life that are good?

👉Q: What can you do today to make your mind 10% more positive today? Watch a funny show, funny videos, do something that makes your heart happy, look at some photos, do some positive affirmations... spend time with people you love.

**Day 6:** *“No matter what the issue is, don’t try to justify why you don’t feel good. And don’t try to justify why you should feel differently. Don’t try to blame whatever it is you think the reason is that’s keeping you from feeling good. All of that is wasted effort. Just try to feel better right now.” -Abraham-Hicks*

Think about your right now- today, as you are reading this. What are you feeling? Stop with the “shoulding” and blame- what do you want to be feeling right now?

👉Q: What do you think is blocking you from feeling true happiness? Is it a story you keep telling yourself or a label of shame or guilt hanging over you?

**Day 7:** *"It took an instant to lose you, and it will take my entire LIFETIME to grieve the loss of you. GRIEF never ends because LOVE never ends. I will love you, and ache for you until my very last breath."* -Angela Miller

Life changes in a second, you know this, I know this. Your life is not the same anymore. Most people talk about the before and after. The reality is your life is now in the after, it could be days after, weeks after or many, many years after.

👉Q: If your person was here today and you got one hour with them, what would you do?

**Day 8:** *"Missing my child is not me living in the past. It's me loving my child in the present."* -Angela Miller

That is a powerful quote! Read that again. It is just a different relationship with that person now. Their physical body is not on earth, but they are still your child/dad/mom/grandma/aunt/friend... That relationship is still yours to keep.

👉Q: How do you respond when someone you don't know asks about the person who died? (example- checkout lady... what are you doing with your mom this Mother's Day?)

**Day 9:** *"Grief is never something you get over. You don't wake up one morning and say, 'I've conquered that; now I'm moving on.' It's something that walks beside you everyday. And if you can learn how to manage it and honor the person that you miss, you can take something that is incredibly sad and have some form of positivity."* -Terri Irwin

That is such a neat and comforting quote to me. I hope to strive to be at peace and be able to find comfort and positivity in the death of my parents. I think everyone hopes to be there someday. Some people get there and some people never get there. Every grief journey is different. Every person's level of trauma is different, every person's healing journey is different.

👉Q: Think back... what has been the top 2-3 things that have helped you find comfort in tough times?

**Day 10:** *"Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong."* -Curate Well Co.

Maybe you have outgrown the stage of life you are in- are you stuck here because change is tough and painful? Are you stuck because you don't want to dig into those tough feelings? Take an inventory of your life...

👉Q: Finish the sentence... I don't make a change because change is

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## **About the Booklets**

Find more booklets at the Hope's House website [www.hopeshousewi.com](http://www.hopeshousewi.com). These are written every month by Gina Peotter, the Executive Director of Hope's House and the Grief Support Specialist at Muehl-Boettcher Funeral Home.

## **About the Author**

Gina is a Seymour native, she graduated from Seymour High School in 2003. She then went on to complete her Bachelor's Degree from UW-Stout and Master's Degree from Concordia University-St. Paul. She also holds her Grief Support Specialist Certification from UW-Madison.

Gina and some peers started a non-profit in 2018 called Hope's House in the Greater Green Bay area that focuses on free grief support for kids ages 4-18 and their families, and is currently the Executive Director. Gina has written and published a grief book called, ["It's Ok Not To Cry"](#) based on her own life story, and the story of others who have gone through a tough death. She currently writes and publishes a free Adult Grief booklet and Reflection Guide each month available at the Funeral Home or an electronic version on the Hope's House website.

After going through the death of her parents when she was in her 20's, and numerous other friends and family members she started on a path to helping others find hope in dark times. Gina is the Grief Support Specialist at Muehl-Boettcher Funeral Home and is available to the families they serve, to help find the right resources to help navigate life after the death of a loved one.

Gina loves helping others any way she can. She was awarded the WPS Volunteer of the Year Award in Leadership in 2020 for her work with Hope's House. She also is a volunteer at Camp HOPE- camp for grieving children in the Stevens Point area. She volunteered at the Boys and Girls Club- Fox Valley Center for Grieving Children for a number of years, was a Hospice volunteer through Aurora, and a meal prep volunteer at numerous homeless shelters in the area.

*"The greatest good is what we do for one another". -Mother Teresa*

## **Find More Grief Resources**

Website: [www.hopeshousewi.com/resources](http://www.hopeshousewi.com/resources)