
Techniques to Invite and Enhance Grieving

1. Find a place where you'll have uninterrupted privacy. Make sure you feel cozy, safe, and comfortable.
2. Vent about what is bothering you. You can use a journal and write everything out or say it out loud to yourself or an imagined-other. The point is to externalize the thoughts and feelings (i.e., move the thoughts/feelings from inside to outside of you).
3. Observe the emotions that bubble up. Notice where you feel the emotion in your body and name the emotion. Allow the emotion to dwell. It will pass through you like a wave if you sit with it. Cry, punch a pillow, yell into a pillow, hold yourself or wrap yourself tighter in a blanket.
4. Imagine yourself being comforted by someone you love or admire. This could be a friend, a partner, a mentor, a Higher Power, or yourself (an older version of yourself, or your current self if this grief is in the past).
5. If this is an old grief from childhood, imagine holding your inner child and providing all the love and comfort you wished you would have received. Validate your inner child's feelings.
6. Breathe deeply, inhaling for 4 counts and exhaling for 6 counts. This type of breathing relaxes the nervous system.
7. If you need resources to help evoke emotion, put on music that moves you or watch a film that evokes emotion.