

a tiny book on
GRIEF



Acorn Group
COACHING + CONSULTING + FACILITATION

Part of living is grieving.

***But we often lack the tools
& knowledge to help others
or ourselves through grief.***

**Grief shows us what
we care about; we
wouldn't grieve if we
didn't love so much.**

Grief is love.

**Some other thoughts
when we are
experiencing grief...**

Thought #1

Everyone has their own grief journey and grieves in their own way. There is no right or wrong way to grieve. Choose what works for you.

Thought #2

Grief is not linear. It's a lot of back and forth and everything in between.

There is no timeline or end date for grief. You are not in control of grief. It happens to you.

It doesn't happen linearly, but rather like a tornado.

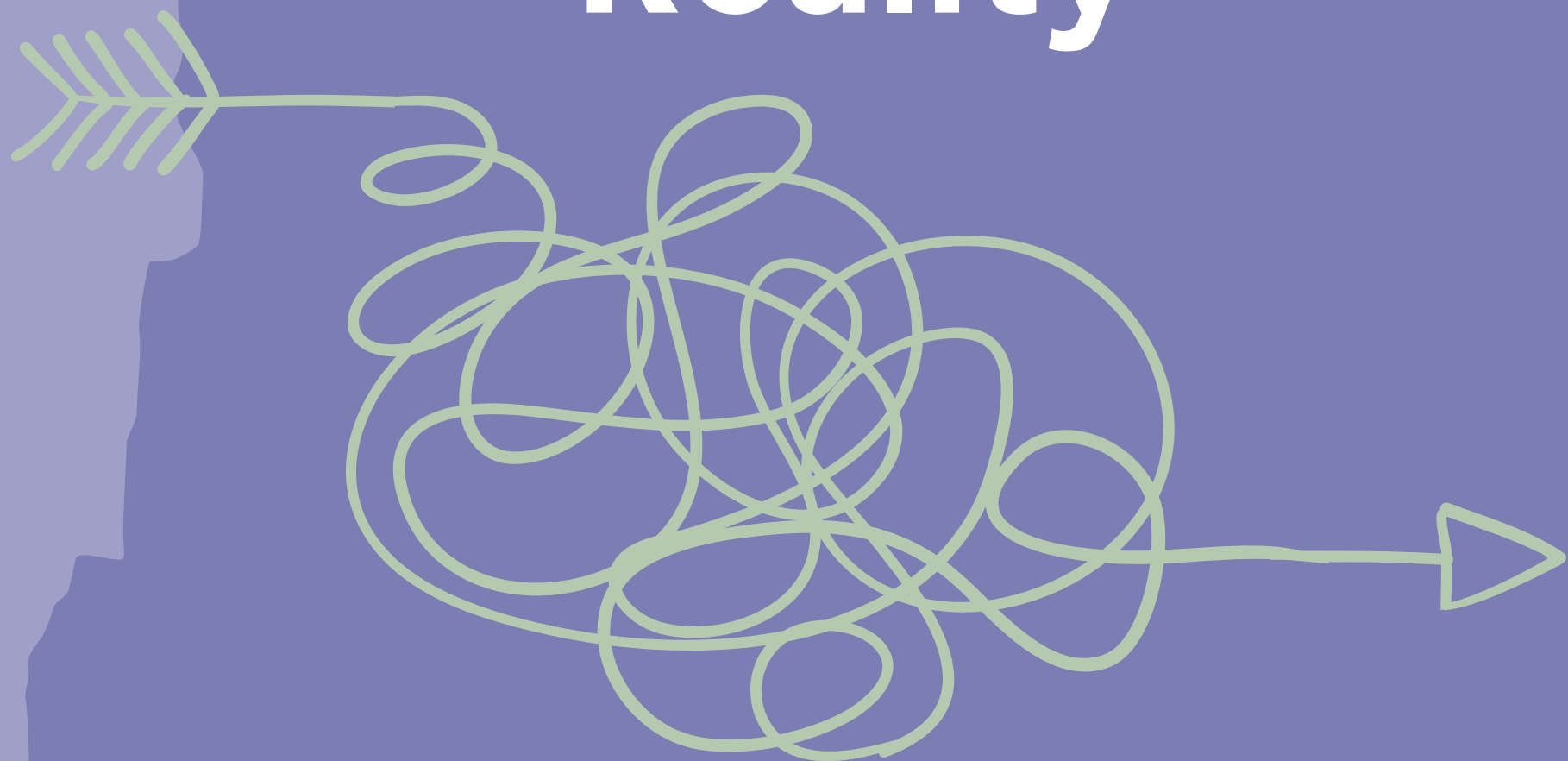


Stages of Grief

Expectation



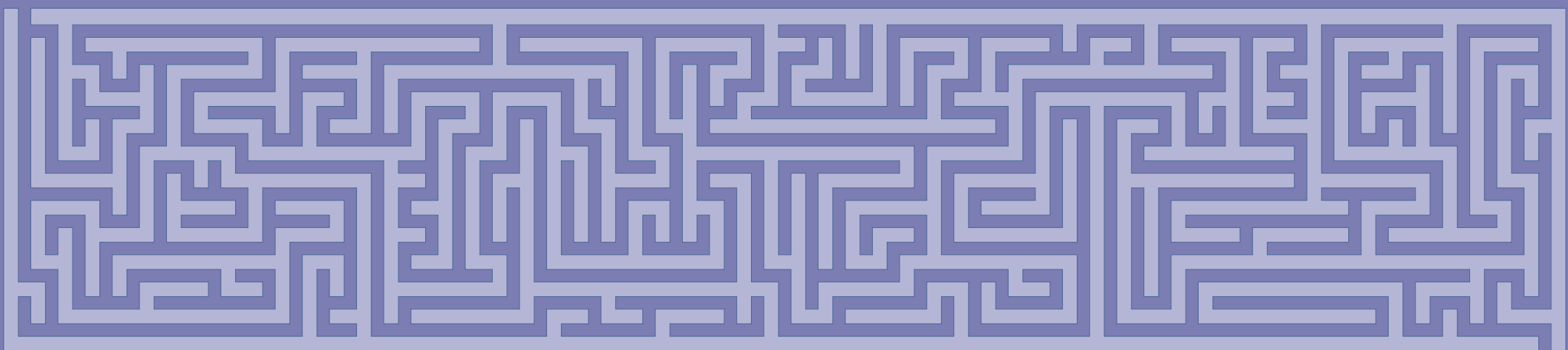
Reality



Thought #3

It is not a sign of strength to move on quickly and get on with your life. It's a sign of strength to be willing to slow down and face what you've lost.

START



END

Thought #4

Grief doesn't shrink over time. Your life grows bigger and expands around the grief.

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THINK THAT
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IN REALITY
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BIGGER
AROUND IT

Lois Tonkin, 1996

Thought #5

**Surround yourself with people
who let you be yourself,
wherever you are in your
journey or at the moment.**

**It's also okay to want
more alone time.**

Thought #6

**Sleep/rest, eat well, and
move a little bit. Repeat.**

**Put off anything that you
don't have to do.**

Thought #7

Give yourself so much more grace, time, and love than you expect to give.

Be very kind to yourself.

Thought #8

**When you don't know
what to do, do what
you know, until you
know what to do.**

Thought #9

**The excruciating pain
will not last forever.
You will not always
feel this way.**

Thought #10

Don't force yourself to be or feel something that you don't. Let yourself feel painful emotions like anger, confusion, and anxiety. Let the tears flow.

The reality is that emotions will pass. Feel whatever you feel knowing that you won't stay there.

Thought #11

Love can't stop,
so love turns into grief.

Grief means love is trying to find a way out; it has to go somewhere.

Grief needs to be channeled, expressed, and continued.

The grief process helps figure out where the love goes.

Acknowledgment is everything.

It sucked. It can't be fixed or made right.

It was as bad as it felt. There are no lessons to be learned and certainly no silver lining. What is needed most is to be seen & witnessed. Find someone to walk with you to say, "Yes, it was awful." Find someone who will acknowledge all that was taken from you.

“What we have once enjoyed,
we can never lose.

All that we love deeply
becomes part of us.”

Helen Keller

Maryanne Elliott

Someone who is navigating the waves of grief

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