

Harmonious & Holistic Grief Counselling

TAKING CARE OF THE MIND, BODY AND SOUL



1

THE MIND

So much goes on in our mind when we are grieving someone we love. We begin to question our thoughts, feelings and grief experiences. Our thoughts can be confusing and at times we may feel like we are going crazy.



2

THE BODY

Learning to take care of the physical symptoms of grief such as fatigue, sleeplessness, and anxiety are very important. Our body will let us know through physical symptoms that we are struggling with our grief.



3

THE SOUL

Grieving someone we love can be felt on a soul level and it literally hurts. It can be a very painful experience and feel confusing to many. We will explore healing modalities such as visualisation and body work as we intend to reach the pain that has touched your soul.



4

EMOTIONS

Validating and honouring all emotional states, such as sadness, anger, loneliness, guilt, hurt and fear, is such an important part of the grief journey. All emotional states are worthy of our attention.



5

TOOLS

Meditation, Art Therapy, Music, Rituals, Talk Therapy, Letter Writing, Journaling, Psychotherapy, Love, Compassion, Kindness, Somatic Therapy, Mindfulness, Self-Care and Self-Soothing and Healing Courses.



Counselling Face to Face & Online