

**September 24, 2021 Resources**  
**Staying Connected to Your Person Through Ritual**

1. **Rituals of Honoring for Death & Dying in the Time of COVID-19:**  
<https://waypointceremonies.com/wp-content/uploads/2020/05/Love-Loss-and-Liminality.pdf>
2. **In Grief, Try Personal Rituals:** <https://www.theatlantic.com/health/archive/2014/03/in-grief-try-personal-rituals/284397/>
3. **Creating Rituals to Move Through Grief:** <https://www.goodtherapy.org/blog/creating-rituals-to-move-through-grief/>
4. **A Simple Morning & Evening Ritual for a Spiritual Life with a Poem by David Whyte:**  
<https://juliafrodahl.medium.com/a-morning-evening-routine-for-a-clear-spiritual-life-f903aaf9d50>
5. **David Kessler and Brene Brown on Grief and Finding Meaning Podcast:**  
<https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>
6. **Memorial Trees:** <https://thetreesremember.com/memorial-trees/>
7. **TEDTalk What Crows Teach Us About Death by Kaeli Swift:**  
[https://www.ted.com/talks/kaeli\\_swift\\_what\\_crows\\_teach\\_us\\_about\\_death](https://www.ted.com/talks/kaeli_swift_what_crows_teach_us_about_death)
8. **Rituals and Routines that Help Mourning:** <https://thegriefftoolbox.com/article/rituals-and-routines-help-mourning>
9. **Poems by David Whyte:** <https://allpoetry.com/David-Whyte>
10. **Why You Need to Create a Personal Ritual and How to Stick with It:**  
<https://thehoneycombers.com/singapore/why-you-need-personal-ritual-change-planner/>
11. **Habitats, Routines, Rituals:** <https://nesslabs.com/habits-routines-rituals>
12. **Manifesto of the Brave and Brokenhearted by Brene Brown:**  
<https://www.doingdeath.com/new-blog/2019/12/18/manifesto-of-the-brave-and-brokenhearted>



Be the things you loved most about the people who are gone.

THE SUN IS A DAILY REMINDER THAT WE TOO CAN RISE AGAIN FROM THE DARKNESS.  
- S.Ajna

I AM ALLOWING MYSELF TO...



CLAIM SPACE



SHINE



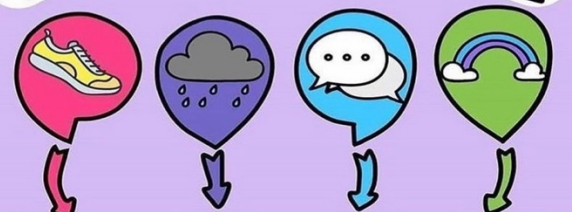
TRUST MY OWN PACE



FIND SATISFACTION EXACTLY WHERE I AM

YOU ARE EXACTLY WHERE YOU NEED TO BE

TYPES OF SELF-CARE



| PHYSICAL   | EMOTIONAL  | SOCIAL   | SPIRITUAL  |
|--|--|--|--|
| Sleep<br>Stretching<br>Walking<br>Physical release<br>Healthy food<br>Yoga<br>Rest | Stress management<br>Emotional maturity<br>Forgiveness<br>Compassion<br>Kindness | Boundaries<br>Support systems<br>Positive social media<br>Communication<br>Time together<br>Ask for help | Time alone<br>Meditation<br>Yoga<br>Connection<br>Nature<br>Journaling<br>Sacred space |

