

Navigating the the gnarled nuances of ambiguous grief is challenging. There are no established maps for this form of grief, and we at Rise Up Rooted believe there are more

and different tools needed to help with the healing. We hope these initial rerooting tools helps support you in your journey back to joy and your new normal.



## GATHERING YOUR CIRCLE

**Establishing a trusted group of people you can rely on during your period of ambiguous grief**

Select friends you can trust with your innermost feelings; who will let you lean on them and can remind you WHO YOU ARE. Consider their strengths and why they are in your circle. Rate them 1 - 10 : 1=no trust; 10=total trust (How much do you trust them with your story).

Cross off anyone who gossips or judges others; Keep those with 8 and up  
Formalize it: ASK them to be Part of your circle -- these are YOUR people!



## SELF-CARE

**Ensuring you consider your basic needs**

Clear as much as you can from your day and focus on your physical and mental care. Have people from your trusted circle help: grocery shop, prep meals for your kids, household chores – use them... they WANT to help.

Water and food: make sure you have some - especially water.

Be comfortable: Sweat pants; baths, naps and tea.

Sleep: The brain needs it, you need it.

Be kind to yourself... at some point you will add on more care, yoga, walks, healthy meals.



## PROCESSING

**Working through your grief with the help of sought out professionals**

**Find a therapist.** You will likely need to try more than 1, but it is worth the time - this will be an important relationship for healing. Find out who is covered by your insurance and ask friends for referrals.

There are many types of therapy, some will resonate with you, some won't. Find what works for you. Identify someone in your trusted circle, allow them the ability to help you process, connect the dots and just listen. Your needs will change as you heal be open with your trusted friend on what you need.

**Write.** Writing helps the processing. You are not writing a piece to be published, this is for you, so perfection is not required.



## ANCHORS

**Tapping into a positive emotion and finding stability and grounding throughout the day**

Grounding yourself in WHO you are, and what YOUR values are can be a positive affirming daily practice. Anchors can be just about anything to help tap in a positive emotion or feeling, such as a practice, ritual, a visual, smell, or a song. Find 1-3 anchors that work for you and engage with these daily.



## TETHERING

**Creating a daily practice to connect you with your Higher Power...**

Connect regularly with your Higher Power... you may call it Your Higher Self / Inner Wisdom, God or the Universe. The name is not important, but your connection to it is. Connecting to your higher power can be done in a number of ways, such as creating a daily meditation practice, prayer, or saying a mantra. Make sure to connect to your Higher Power at least once a day.



## RELEASING

**Letting go and establishing your new normal**

Releasing has to be done differently for Ambiguous Grievors. There are often no funerals, no gravesites... mostly there is a lot of confusion, possibly even betrayal or abandonment, and definitely a lack of closure. There are no established pathways for mourning.

Try some of the following methods for releasing:

**Letter of release:** saying goodbye through words, release what you are grieving to God, the Universe... your Higher Power.

**Pen a eulogy for the relationship:** Remember fondly your relationship prior to the onset (of the illness; the abandonment; the addiction). Create a ceremony and present it to your trusted circle.

**Co-Grieving:** Ask someone who shares your loss to grieve with you. Laugh, cry and remember. Shared grief is powerful.



## RESILIENCE

**Building up your resilience muscle daily**

Begin a nightly practice of identifying "3 things" you did well in your day (you can put it into a journal, write it on post-it notes, add to your phone). This takes less than 1 minute a day, but it provides a measuring stick for growth and how far you have come through your grief.