

## 6 Key Steps to Recover From Loss

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Six Key (6) Steps to Recover from Loss:

### GIVE YOURSELF PERMISSION TO GRIEVE:

Give yourself permission to walk THRU the valley, knowing that your higher power/God will carry you through.

Remember the promise: “ I will never leave you nor forsake you”. So even in your darkest moments, hold on to that promise, and trust the process.

### USE YOUR SUPPORT NETWORK:

Identify that person or persons you can call at 4am, when you need to just have someone LISTEN.

Sometimes your support network is also going through their own process.

There may be times when you hold each other's grief and pain.

It's healthy to come out side of your self sometime.

IT Gives you an opportunity to give to another, and reflect on your own process and growth.

### CREATE A NEW SUPPORT NETWORK:

Utilize the ZOLA network offered in your community.

You will experience the support of others that are also going through their “valley”, and truly understand in a caring and nurturing environment.

## BE STILL AND SIT WITH YOUR FEELINGS:

This is perhaps the most difficult and challenging thing to do.

Feelings are energy.

One must recognize and validate feelings to allow them to hold less energy in side of us.

Remember..." There's more room outside of us that can contain our feelings than inside". It may help to give yourself a specific amount of time to emote/express your emotions, i.e. screen into a pillow; punch a pillow; cry. Yes, SET THE ALARM for 5 minutes, it will perhaps make it more "do-able" and less "scary".

What if you allow yourself to feel, what's your worst fantasy? You'll cry? If you cry, is the fear that you won't stop?

The "alarm" will tell you it's time to stop, and you will be able to continue your day.

## REMINISCE:

The Creator gave us this wonderful ability to "remember and recall" events.

It's ok to talk about the times you had in reference to the "lost love object".

Find the humor! Laughter is great medicine for healing.

Share pictures and saved letters, especially with the next generation.

As African origin people....we have a very rich oral tradition. The children need to know the family history and legacy, the challenges and the triumphs !

## SELF CARE:

Especially in this day of the "pandemic" , we know all to well that "tomorrow is not promised".

PAMPERING yourself during stressful times is even more important

Holding on to the "stress" of the lost love object can have a negative impact on the body as well.

If living alone, invite a member of your support network to join you for a meal. In this time of social isolation, make it a virtual sharing. Pamper yourself. Do a virtual salon with friends and do your mani-pedi together.

Walking is not only a great inexpensive exercise. You can socially distance and have an outdoors walking support group. Walking is also a wonderful time to meditate, pray, or just be silent and marvel at the great outdoors (or what ever is on your exercise equipment screen)

Find a therapist. Your friends and /or family may not want or need to hear your unfiltered thoughts and feelings

Talk to someone who can be totally objective and hold your pain for you, and allow you time until you can process the loss. A therapist will support you until you can find the words. This can be invaluable.

These are just a FEW SUGGESTIONS....you will know what will work best for you.

Peace....

[www.thezolaexperience.com](http://www.thezolaexperience.com)



THE ZOLA EXPERIENCE  
A JOURNEY OF RECOVERY FROM LOSS