



Tips for BeReAVED Moms During

BACK
TO
SCHOOL!



1

Expect some overwhelm to occur; plan and prepare ahead of time to best help yourself emotionally. Create a few options for the day.

2

Be gentle with yourself; keep your expectations reasonable at this time. Know your capacity; what you can and cannot do and only focus on what you can control. (We cannot control others posting on social media!)

3

Set boundaries for yourself (and for others) and then stick with them; protect and use your energy on attending to your heart.

4

Help clear your mind and settle anxiety by choosing activities that will benefit you; take a walk, spend time in nature, intentionally breathe, or meditate. For more of an aggressive kinetic release, try to get your heart rate up with higher intensity movements: weight training, kickboxing, a run, or a HIIT workout.

5

Ask a few friends ahead of time to support you; schedule a meetup like coffee at home or go out to lunch to talk it out.

6

Get your thoughts out of your head; write down any emotions or feelings you are experiencing. Lean into the grieved ones and give yourself the time and space to feel through all the feels.

7

Try being present with the here and now; do your best to avoid thinking of the future and the "what should have beens".

8

If you need to cry, then step away and do so... let it out! Release the pain you feel to open up space to let in some lightness and play.