



# GATEWAYS TO *Recovery*



*Acknowledgement of what you are going through*

It is a challenging situation that may be too overwhelming for you right now



*Write and share your story of loss*

Share it with someone who will value your journey, respect your feelings, and acknowledge your loss



*Understand that you are grieving*

Your grieving process is unique. The way you grieve has a lot to do with how feelings were managed at the home you grew up in. The only way out of grief, is through.



*Accept and allow feelings*

Anger and other strong feelings are common during the grieving process. You are not free of feeling, it is what it is. But you are free to choose how you react upon those feelings.



*Anxiety is a hidden stage of grief*

Feeling strong emotions and secondary losses can cause anxiety. Getting to know it, understand how it represents in your body, and learn strategies to control it could mitigate anxiety reactions.





# GATEWAYS TO *Recovery*



*Forgive yourself  
and those who  
hurt you*

Forgiveness is an act of will. Is a decision to be set free from resentment and bitterness.



*Transform your  
mindset*

Post-traumatic growth is a positive psychological change resulting from the struggle with highly challenging life circumstances. You have strengths that will help you through your journey to recovery. **YOU ARE RESILIENT.**



*Your story of  
recovery can help  
others recover*

For some people, part of their healing journey is to be able to help peers recover from their own experiences of loss

*"Grief is the most neglected and misunderstood experience, often by both the griever and those around them".*

John James and Russell Friedman

