

JOURNEY TO RESILIENCE: YOGA FOR GRIEF TRANSFORMATION

W O R K B O O K 2



Journey through introspective exercises,
empowering affirmations, & grounding
rituals designed to enhance your
understanding & navigation of grief.

[SOLEJOURNEYWELLNESS.COM](https://www.solejourneywellness.com)

This workbook is intended as an informational guide only. It does not serve as a diagnostic tool or take the place of a licensed mental health provider.

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ABOUT THIS WORKBOOK

Navigating through the maze of grief requires more than just understanding—it demands integration. Our recent "Coping with Loss" webinar, accompanied by this meticulously crafted workbook, was designed as the first step in this profound healing journey. Together, they offer a potent blend of knowledge, self-reflection, and practical exercises. The webinar touched upon the core concepts, while the workbook acts as a tangible tool, allowing you to internalize and apply these teachings at your own pace.

But this is only the beginning. "Unlock Your Body's Wisdom for Grief Healing" is the second chapter of a comprehensive five-part series. Each subsequent webinar dives deeper, providing a nuanced exploration of grief from various dimensions, enriched by the wisdom of yoga. The series is crafted to guide you progressively—helping you move from understanding to acceptance, and eventually, to transformative healing.

Behind this initiative is Dani Frank, a Yoga for Mental Health Teacher and Career Resilience Coach. With a deeply personal commitment to enhancing grief literacy stemming from her own early experiences with complex grief, Dani brings a blend of professional expertise and genuine empathy. Her teachings are a beacon, illuminating the path for those traversing the often murky waters of loss, offering them tools, understanding, and the comfort of a guiding hand.

Together, let us journey through this transformative series, embracing the healing power of yoga, and discovering the strength that lies within our own narratives of loss.

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Help Rewrite Your Brain

Affirmations are powerful, concise statements designed to manifest a desired intention. Rooted in the belief that our thoughts shape our realities, affirmations act as seeds of positive change, encouraging growth, resilience, and transformation. By regularly vocalizing, writing, or meditating on these statements, we anchor them deeply into our subconscious, influencing our emotions, behaviors, and reactions. Over time, these positive assertions become ingrained beliefs, guiding us toward desired outcomes and reinforcing a resilient and empowered mindset.

AFFIRMATIONS

Use these affirmations daily to inspire and support your journey towards understanding and embracing grief through yoga.

1

My body holds my grief, but also the power to heal. With each breath, I release pain and embrace peace.

2

I honor the emotions that reside within me. Through movement and stillness, I find my path to healing.

3

Every yoga pose is a step towards understanding, acceptance, and renewal. I am resilient in my journey through grief.

4

My heart may feel heavy, but with each mindful stretch, I lighten its load, making space for love and hope.

5

Grief is a part of my story, but not its entirety. Through yoga, I connect with my inner strength and transform my pain into purpose.

Let's Go A Little Deeper

Reflection exercises serve as vital tools in our journey of self-awareness and growth. They invite introspection, allowing us to pause, revisit experiences, and assess our feelings and responses. By delving deeper into our thoughts and emotions, we gain clarity on our personal patterns, understand the reasons behind our behaviors, and identify areas for improvement or change. Engaging in reflective practices helps align our actions with our values, fosters mindfulness, and nurtures a holistic sense of well-being.

BODY MAPPING: TRACING GRIEF'S IMPRINT

This reflection exercise invites you to a body mapping practice where you trace grief's imprint. By identifying and understanding the physical manifestations of grief we are able to recognize the healing potential of mindful movement of these areas of the body.

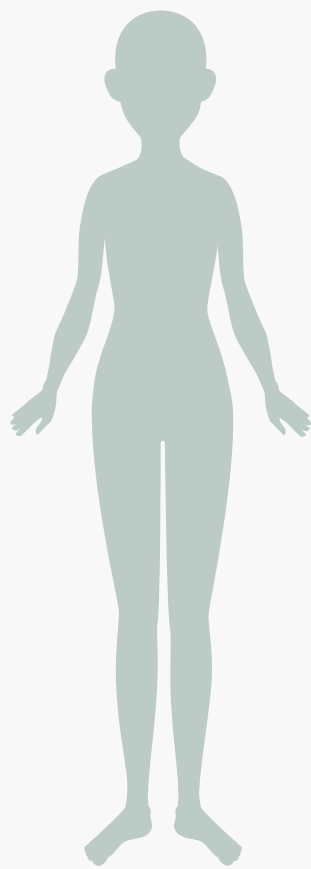
Materials Needed:

- A large sheet of paper or a journal
- Colored pencils or markers

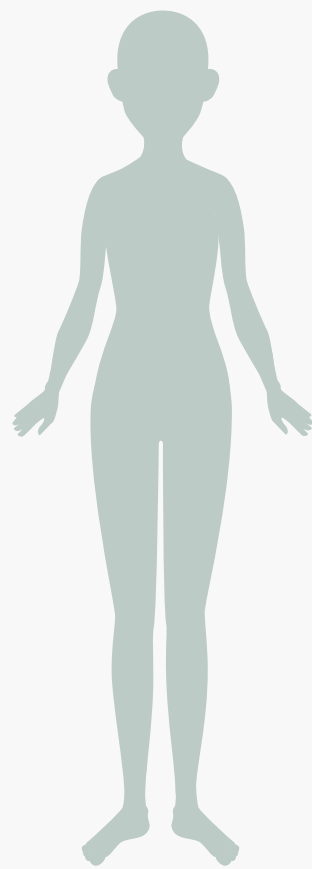
Instructions

- **Body Outline:**
 - Use the simple outline of a human body below or draw one on your paper. This will serve as your "body map."
- **Locate & Color:**
 - Think about where you feel the weight of your grief in your body. Is it a tightness in your chest? A knot in your stomach? Tension in your shoulders? Shade these areas on your body map using a color that resonates with your feeling (e.g., blue for sadness, red for anger).
- **Label & Describe:**
 - Next to each shaded area, write a brief description of the sensation. For example, "Heavy heart," "Churning stomach," or "Tense shoulders."
- **Yoga Connection:**
 - Think of a yoga pose that targets or relieves each of the areas you've identified. Write down the pose next to the corresponding area. If you're unfamiliar with specific poses, this is a great opportunity to research and discover new ones.

BODY MAPPING - CONTINUED



Front

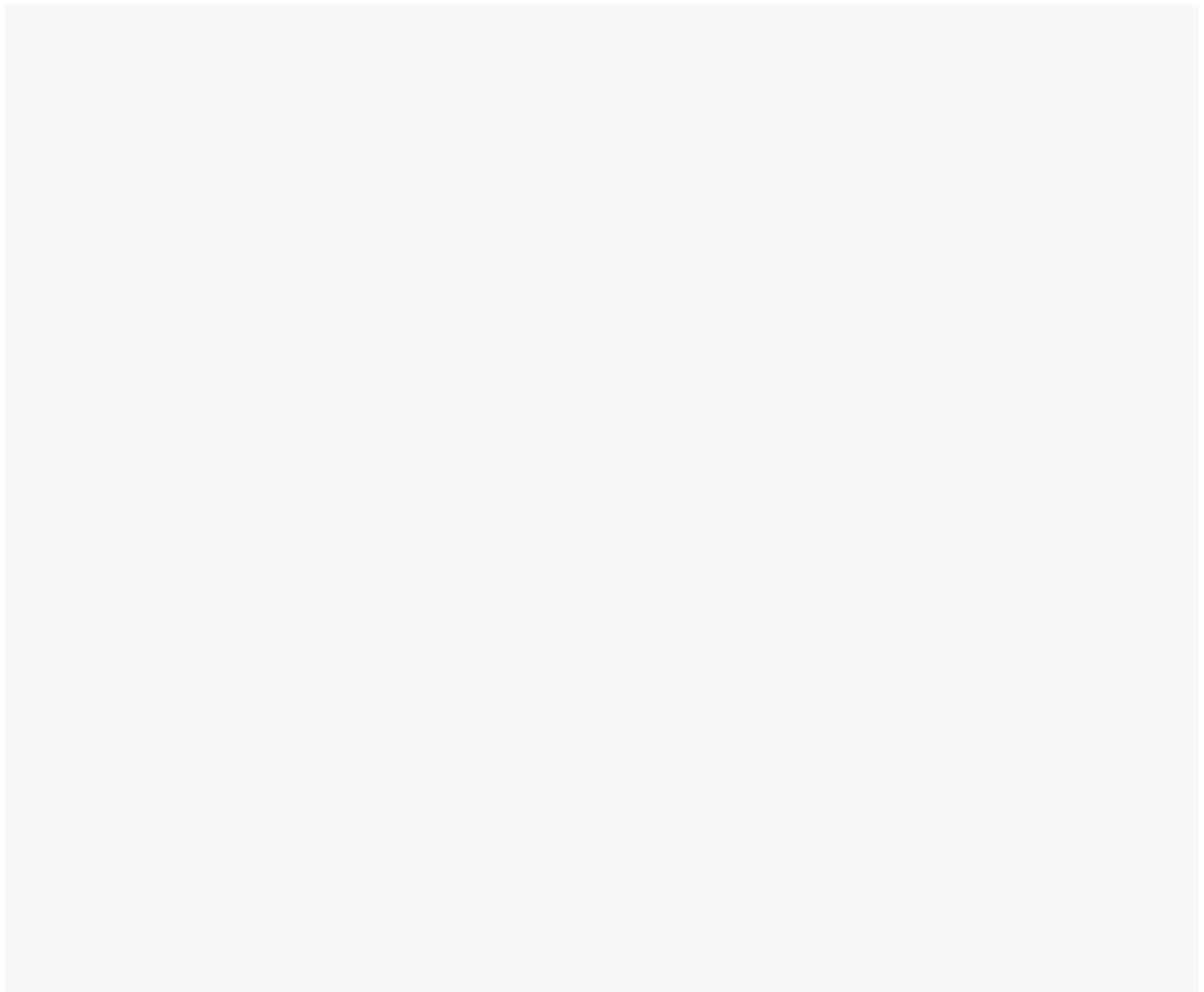


Back

BODY MAPPING - CONTINUED

- **Reflect:**

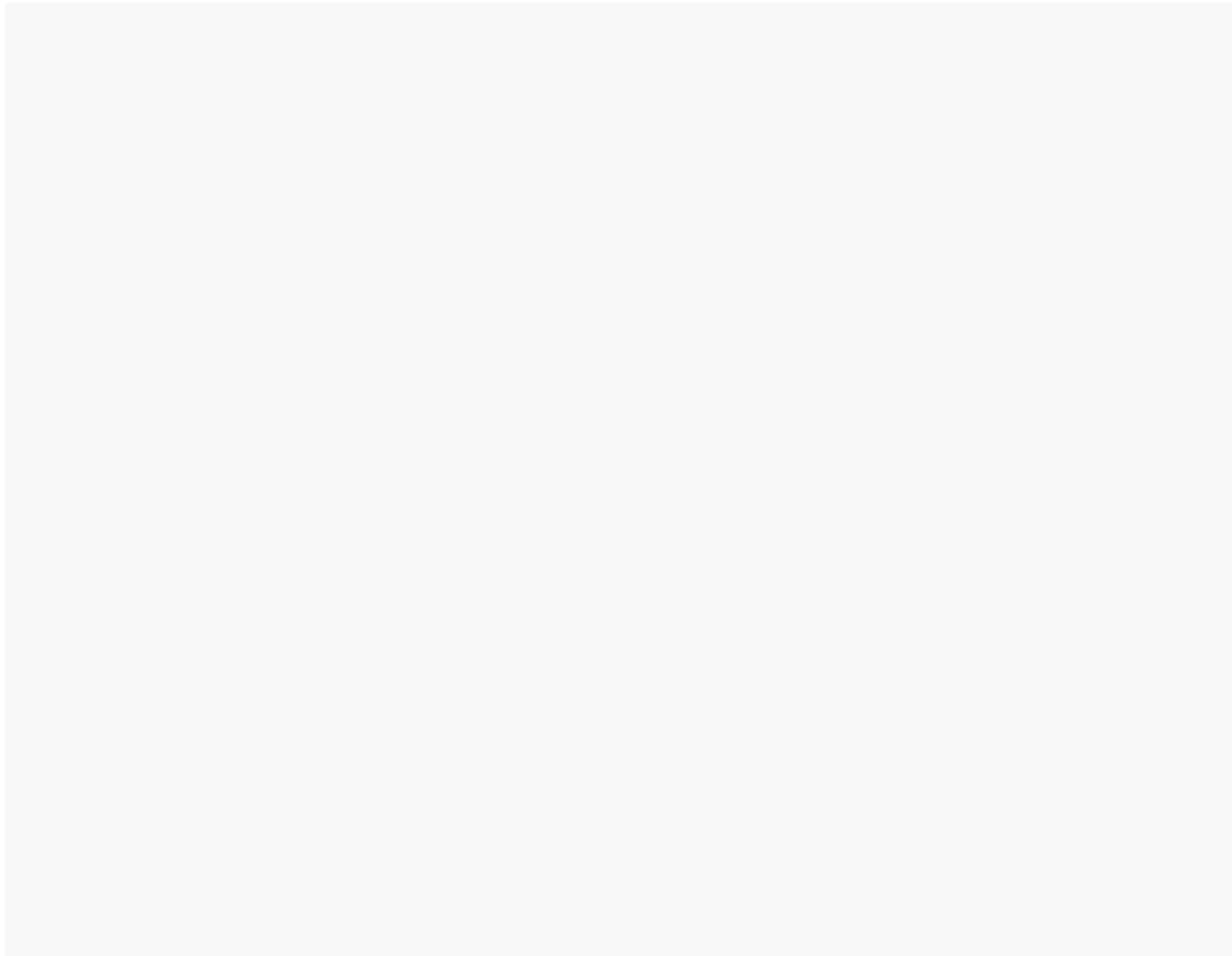
- Sit quietly for a few moments, focusing on each shaded area. Reflect on the emotions tied to these physical sensations. Ask yourself:
 - When did I first notice this sensation?
 - How does this physical feeling connect to my emotional state?
 - How does practicing yoga or mindful movement affect this sensation?



BODY MAPPING - CONTINUED

- **Journal:**

- After completing your body map, take some time to journal about the experience. Consider the following prompts:
 - What insights did I gain about the connection between my grief and my body?
 - How can I incorporate yoga or mindful movement into my daily routine to address these physical manifestations?
 - What emotions arose during this exercise, and how can I address them moving forward?



Creating Sacred Space

Rituals are intentional, symbolic actions performed with purpose and mindfulness. They act as anchors, grounding us in the present moment and connecting us with our deeper selves and the world around us. Rituals create a sacred space within our daily lives, allowing us to step away from the chaos and find solace, clarity, and rejuvenation. Whether simple or elaborate, these practices reinforce habits, mark transitions, and celebrate milestones. Engaging in regular rituals can elevate our daily experiences, offering moments of reflection, gratitude, and connection.

MEMORY JAR RITUAL: HONORING MEMORIES & EMOTIONS

The purpose of this ritual is to create a tangible space for acknowledging and honoring the memories and emotions associated with grief, allowing for reflection and healing. The Memory Jar ritual offers you a simple yet profound way to engage with your grief. The act of writing and placing memories in the jar can be therapeutic, and the jar itself becomes a symbol of your resilience and journey. It's a ritual that can be continued for as long as needed, providing a safe space for emotions and memories.

Materials Needed:

- A clear glass jar with a lid (can be decorated if desired)
- Small pieces of paper or note cards
- A pen or pencil
- Optional: ribbons, stickers, or other decorative items to personalize the jar

Instructions:

- **Prepare the Jar:**
 - Choose a jar that resonates with you. This will be your Memory Jar. If desired, you can decorate it with ribbons, stickers, or other items to make it personal and special.
- **Setting an Intention:**
 - Before using the Memory Jar for the first time, take a moment to hold it and set an intention. This could be something like, "In this jar, I honor and acknowledge my memories and emotions, giving them space to breathe and be."
- **Daily Reflection:**
 - Each day, take a few moments to reflect on a memory, feeling, or thought related to your grief. Write it down on a piece of paper. It can be as short as a word or as long as a paragraph.

MEMORY JAR RITUAL - CONTINUED

Embrace this ritual as a bridge to inner harmony, anchoring you amidst life's storms.

- Placing in the Jar:
 - Fold the paper and place it in the Memory Jar. As you do, you can say a simple affirmation like, "I honor this memory/emotion and give it space."
- Regular Review:
 - Over time, the Memory Jar will fill with your reflections. Whenever you feel ready, you can choose to revisit the notes. This can be a way to see how your feelings evolve or to remember cherished moments.
- Closing the Ritual:
 - Whenever you add a memory or emotion to the jar, take a deep breath and acknowledge your journey. Remember that grief is a process, and every note in the jar represents a step in your healing journey.

CONTINUE YOUR HEALING JOURNEY

Thank you for dedicating time to delve deep into your grief journey with us today. The path to understanding and healing is ongoing, and we're here to support you every step of the way.

"Unlock Your Body's Wisdom," is just the second of our five-part webinar series dedicated to expanding grief literacy and holistic healing.

Coming Up: Cultivate Daily Resilience and Mindfulness for Your Grief Journey on October 18th

Dive deeper to:

- Learn mindfulness techniques that bring conscious presence to each moment, supporting your grieving process.
- Develop growth-oriented perspectives for your grief journey.
- Curate a personalized toolkit of practices.

Embark on the Entire Series for Holistic Healing. Explore the depths of each phase, gathering tools and insights to journey through grief with grace, resilience, and understanding.

EXPLORE & REGISTER