

# Simple Practices for Being With Grief

*Do Less Be More With Grief*



[WWW.AMYFAIRBRIDGE.COM](http://WWW.AMYFAIRBRIDGE.COM)

*do less be more  
holistic coaching*





# Welcome

When grief feels overwhelming, our nervous system can get stuck in fight, flight, or freeze.

These simple practices activate your body's rest-and-digest system (the parasympathetic nervous system), bringing calm, grounding, and safety.

You can use them any time — in waves of despair, before bed, or whenever you need to return to your center.

Grief is a potent human experience and it deserves your care and loving attention. My hope is that this resource initiates your path of BEING with grief as you BECOME more whole.

*Amy Fairbridge*





01 - 04

## 4 SIMPLE PRACTICES

Simple, empowering ways to self-regulate during the grief process. Your body is wise: use these practices as anchors of safety whenever you need them.

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## JOURNALLING ON GRIEF

Creating a daily practice to honor your grieving process.

06 - 07

## BONUS SELF CARE STRATEGIES

Daily self care practices that are simple, so you can do less and be more throughout the grieving process.

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## MORE SUPPORT

Because we are not meant to grieve alone.



# SELF RESOURCING MANTRA

*This practice tells your body you are safe, bringing warmth and reassurance to the parts of you that are grieving.*

Place your hand on your heart.

Close your eyes.

Gently say to yourself: "I am safe."

Repeat until you feel calm enough.





# BOX BREATHING

## (4-4-4-4)

- Sit or lie down in a comfortable position, with a straight but relaxed spine.
- Slowly exhale. Release all the air from your lungs. Focus on the feeling of the air leaving your body.
- Inhale through your nose for 4 counts.
- Hold for 4 counts.
- Exhale through your mouth for 4 counts.
- Hold for 4 counts.
- Repeat 3–4 cycles.



*This balances your nervous system, lowers stress hormones, and interrupts anxious thoughts, bringing you back into Presence.*



# 4-7-8 Breathing

- Find a comfortable position: Sit or lie down in a relaxed position.
- Inhale through your nose for 4 counts.
- Hold your breath for 7 counts.
- Exhale through your mouth with a soft “whoosh” sound for 8 counts.
- Repeat for 4 breaths.

*The long exhale stimulates the vagus nerve, slowing heart rate and blood pressure, creating deep calm.*





# HUMMING FOR GROUNDING

- Sit comfortably, place a hand on your chest or belly.
- Inhale gently through your nose.
- On the exhale, hum softly — like a low, steady vibration.
- Feel the vibration in your chest, throat, face, and inner ears.
- Continue for 1–2 minutes.

*Humming stimulates the vagus nerve, reduces anxious thoughts, and calms the body while easing tension. The hum vibration can carry sadness, comfort, or release — a way of letting grief move without needing words.*



**Tips:**

- Try humming with your eyes closed for deeper focus.
- Use a favorite tune, mantra, or simply a single steady note.
- Combine with hand on heart for added self-soothing.
- Use before sleep, after crying, or when your body feels tight.



DATE

*Mood*

# GRIEF JOURNAL

I AM GRIEVING...

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THE PRACTICE I TRIED:

WHAT I NOTICED / HOW IT HELPED:



# SELF CARE STRATEGIES

- Fresh air & sunlight
- Barefoot in nature: earthing grounds and roots you
- Water rituals: wash the sorrow away in a shower, the ocean, a river.
- Sip herbal teas (rose, chamomile, Tulsi, lavender, hawthorn, ashwagandha).
- Music & movement: shake, dance, qi gong
- Consistent Sleep; take naps!
- Simple nourishing meals (ask friends to deliver food)
- Ask for help with errands and chores



Grief can take us into mental overwhelm, but your body knows how to return to balance. Do what you can to give your body what it needs to help you process the immensity of grief.



# DO LESS BE MORE WITH GRIEF CHEAT SHEET

Self Love Mantra	Box Breathing 4-4-4-4	Water Rituals
Humming	Journalling	Herbal Teas
Barefoot in Nature	4-7-8 Breathing	Music & Movement



## NEXT STEPS - IFS FOR GRIEF

*do less be more - with grief*

Grief is a process with immense potential for deep healing and personal transformation. Nervous system practices, like the ones offered in this resource, combined with deeper integration work help you access this potential.

Using Internal Family Systems (IFS - Parts Work), I help you gently connect with the parts of you carrying the emotional aspects of grief such as anger, guilt, despair, or numbness, while also nurturing the parts that want to heal and move forward.

This process brings compassion and wholeness to your grieving journey.

[Book a session here.](#)



*Amy Fairbridge*

*Grief is unexpressed love.  
May you remember that you are supported:  
you do not have to walk this path alone.*