

DAILY REMINDERS  
**TRANSCENDENCE GUIDE**

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**10 DAILY TIPS  
TO HELP YOU GROW  
THROUGH LOSS**



**EASY TO USE CHECK SHEET**

Review upon waking and throughout the day. Use as a reminder to avoid feeling overwhelmed by grief.

**SUPPLEMENT TO THE EBOOK**

Growing Through Loss: 7 Brain-Based Strategies to Transcend Grief & Suffering



# TRANSCENDENCE GUIDE

In your journey towards rewiring your brain to become more positive, peaceful and optimistic, it is normal, natural and even healthy to suddenly be engulfed by all the worry and negativity that you have been carrying around inside. This guide will give you simple techniques to help you gain insights into yourself and allow you to feel calmer and less overwhelmed by your everyday life.

You may also want to print this guide and keep it available as a reference to use throughout your day.

- 1 Upon waking, do some stretches and yawn about 10 times. This is one of the fastest ways to lower neurological stress. As you SLOWLY do your stretches, become aware of any tension you feel in your face, jaw, neck, shoulders, back, belly, and legs. Be mindful of this and relax each part of your body to relieve yourself of it.
- 2 Reflect on one inner value (trust, love, confidence, excellence, honesty, family, etc.) Write it down on a piece of paper and embrace how the words make you feel. Consider the sensations associated with it, such as colors and textures, if any. Embrace this feeling and let it flow through your mind and body. You should begin to feel that any anxiety you may have had gradually subside.
- 3 Spend 1 minute writing about your loss. Then - and this is very important - write down at least 3 things you are grateful for or bring joy to you. The more, the better!
- 4 If fear gets in your way, put that fear on a piece of paper while you focus on one of your deepest innermost values. Embrace the thoughts and feelings associated with the value. As you do this, your fear will soften and allowing you focus on uplifting feelings.
- 5 What is one positive action that you can focus on today? Write it down - and do it!
- 6 Take 1 to 2 minutes and enjoy noticing your breath. Try do this every 30 minutes. You might be surprised to discover how much you hold your breath throughout the day. When you feel this happen, just consciously inhale and exhale to relax and ease any stress you may be feeling.
- 7 Go outside and look at 3 things that make you smile. The vision could be as simple as the sky, the breeze blowing through the leaves on a tree, or the historic architecture of a nearby building. Savor this feeling and experience.
- 8 Actively search out humor and embrace it! Watch a funny TV show or a YouTube video.
- 9 Engage in a mindful conversation with a friend (turns on the empathy circuits in your brain)
- 10 Find a safe place or person who know how to practice compassionate and empathic listening. Listening heals in its wiliness to be still and patient, and humble.

As you begin to develop new habits to optimize brain performance, keep your daily goals simple. Pick one each day that you know you can accomplish. At day's end, celebrate those wins. This builds self-esteem. But if negative feelings continue to overwhelm you for more than 3-4 days, consider having a personal [NeuroCoaching session](#).

To your happiness!

*Bernadette*