How to Handle Hard Days

Certain days of the year hold more weight and are more painful than others. Let's explore your hard days and utilize four grief strategies.

H— Hard – What are the hardest days of the year for you? Acknowledge them and plan for them.

A— Anchors – How can you anchor to your faith, family, and a few trusted friends?

N— Needs – What do you need before, during and after your hard days?

D— Decisions – Knowing what you need, what decisions can you make? What actions can you take to meet your needs?

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