



Have you recently experienced the devastating loss of a dear friend, colleague or a loved one?

If you answered “YES” then you may already be familiar with the “Should’s, Could’s, and Would’s.” They creep in and can hold us hostage. They sound a lot like;

*“I **should have** done _____ and maybe then I **could have** done _____ and I then maybe they **would have** _____.”*

Pay attention to all of the messages of “should have, could have, would have” and give your self time and permission to name what comes up.

Note to yourself, “wisdom would have us to honor them” and *THEN* begin putting distance between yourself and each of them, to not get sucked into them because they are lies.

Lucy Hone is a resilience researcher who lost her daughter, best friend and her best friend’s daughter in a tragic car accident in New Zealand.

Lucy believes there are 3 secrets to resilient people;

1. Resilient people get that **shit happens** and that suffering is a part of every human life.
2. Resilient people are really good at choosing carefully where they select their attention, focusing on the things they can change. They **tune into the good**.
3. Resilient people ask the question, “**Is what I’m doing helping me or harming me?**” Be kind to yourself. Resilience is not a way to protect yourself FROM pain, rather it is a pathway THROUGH the pain

IN OUR GRIEF - HENRI NOUWEN

“What to do with our losses? . . . We must mourn our losses. We cannot talk or act them away, but we can shed tears over them and allow ourselves to grieve deeply. To grieve is to allow our losses to tear apart feelings of security and safety and lead us to the painful truth of our brokenness. Our grief makes us experience the abyss of our own life in which nothing is settled, clear, or obvious, but everything is constantly shifting and changing. . . . But in the midst of all this pain, there is a strange, shocking, yet very surprising voice. It is the voice of the One who says: “Blessed are those who mourn; they shall be comforted.” That’s the unexpected news: there is a blessing hidden in our grief. Not those who comfort are blessed, but those who mourn! Somehow, in the midst of our tears, a gift is hidden. Somehow, in the midst of our mourning, the first steps of the dance take place. Somehow, the cries that well up from our losses belong to our songs of gratitude.”

TO SCHEDULE AN APPOINTMENT WITH AN ELBOW TREE THERAPIST:

Contact our Catherine Quintieri at catherine@elbowtreeflorida.com and she will help get you connected to an Elbow Tree counselor of your choosing. www.elbowtreeflorida.com/says

- Every session is 100% confidential.
- The first 3 sessions are covered by SAYS.
- If there is a need for more than 3 sessions, that is always negotiable.

**EXCELLENT GRIEF RESOURCES**

- TED Talk with Lucy Hone - 3 secrets of resilient people
https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people?language=en
- Hidden Brain Podcast episode - Healing Your Heart with Lucy Hone
<https://hiddenbrain.org/podcast/healing-your-heart/>
- Lucy Hone - Coping with Loss
<https://www.copingwithloss.co>
- Book: Resilient Grief - How to Find Your Way Through A Devastating Loss - Finding Strength and Embracing Life After a Loss that Changes Everything
https://www.amazon.com/Resilient-Grieving-Strength-Embracing-Everything/dp/1615193758/ref=asc_df_1615193758/?tag=hyprod-20&linkCode=df0&hvadid=312021251979&hvpos=&hvnetw=g&hvrnd=4656596125462627237&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmde=&hvlocint=&hvlocphy=9011480&hvtargid=pla-568661067808&psc=1
- TED Talk with Nora McInerny - We don't "move on" from grief. We move forward with it.
https://www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it?language=en
- Podcast - Terrible, Thanks for Asking with Nora McInerny
<https://ttfa.org>
- Book: Everything Happens For a Reason, And Other Lies I've Loved by Kate Bowler
<https://www.amazon.com/Everything-Happens-Reason-Other-Loved/dp/0399592067>
- Podcast: Everything Happens with Kate Bowler
<https://katebowler.com/everything-happens/>