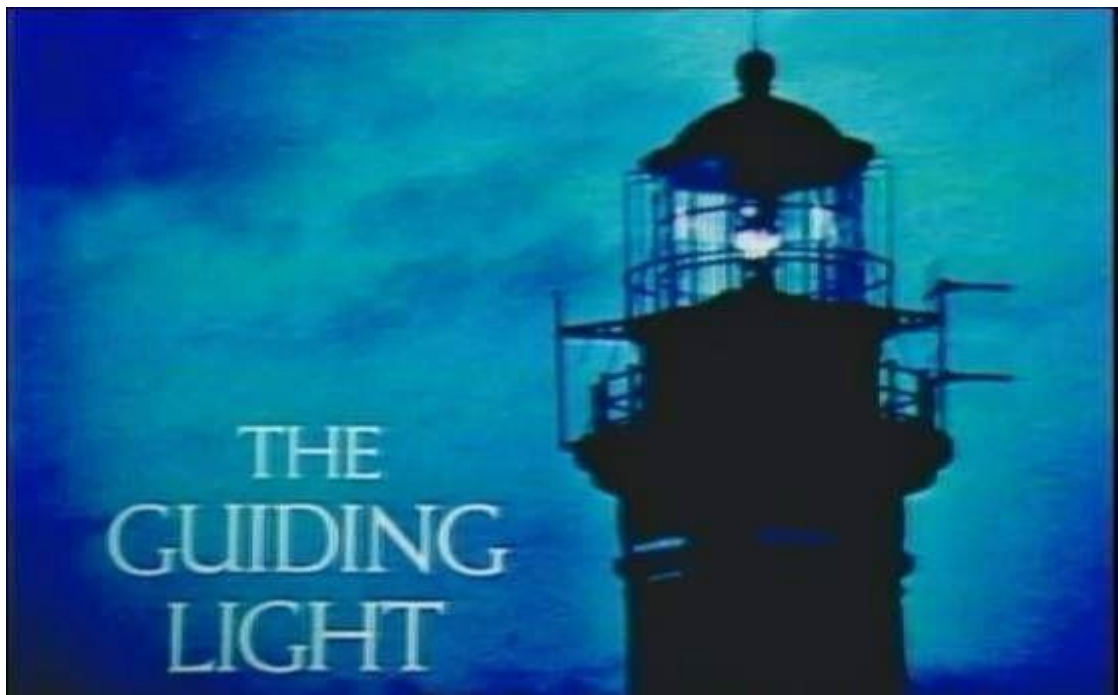


Guiding Light: A Short Compassionate Guide to Widowhood for Women and Those Left Without Justification



Throughout this short eBook, we'll explore the multifaceted aspects of widowhood with compassion, empathy, and practical guidance.

Remember, you are not alone on this journey, and there is light and hope waiting for you beyond the shadows of grief.

Let's embark on this path together, finding solace, strength, and renewal along the way.

Introduction

I have been widowed twice and having been a life coach in various guises for over 40 years I had some understanding of how to cope.

In a varied life we all have difficult time to overcome, so after a rather less than lovely divorce from husband number one, I married again and fell really deeply in love. When he died, I was broken hearted for over a year, until I remembered his words, "Get on with your life, you have so much to offer, and I love you".

So, I took heed and started over, back to the work I loved, did some more training in healing and soul work, which helped me to heal.

Then, after a few years, loneliness got to me, and I decided to look for another partner to share my life. At that point I was 69 and I met a lovely man, who was also widowed and we just clicked.

Ten years of love, laughter and good times, until he fell ill and died in summer 2023. I was 79 and my work life was much less as I had been caring for him for a while, but and eventually I went back to work, this is my refuge, and I love what I do.

My speciality is now us, the widowed, the left, the struggling and all my passion will help you, us....to thrive again. Notice here I am including you if you been left for no reason, in fact dumped! This is even more difficult to manage as 'he' is still walking around and may even be with another woman... I cannot image that sort of pain....

1: Understanding Grief and Loss

- Exploring the complex emotions of grief

Nobody told you it could be this bad, even if your loss was expected due to illness, it's still a huge shock.

No, you will not just get over it.... don't expect it to get better, you will learn to live with the pain, and it will lessen over time.

There will be times when something triggers you, and once again the overwhelming emotions return. The tears fall and the familiar emptiness is present when you thought it had gone.

- Recognise that there are stages of mourning and every one is different, each experience is unique

The following are helpful tips to navigate the journey of healing after loss

2: Embrace Your Emotions

- Honouring and expressing your feelings is crucial
- Talk to people, those that listen well are your refuge
- Coping strategies for dealing with grief are many but journalling is good, write down your thoughts, nobody will see what you say
- Find support in your community and with loved ones, find the right friends and support groups, there will be one near you if you look. If not then start one!

3: Nurture Self-Compassion

- Practice self-care during times of mourning
- Embrace moments of solitude and reflection
- Cultivate resilience and inner strength

4: Rediscover your Identity and Purpose

- Reflect on your personal identity beyond the role of spouse
- Explore new passions, interests, and hobbies
- Find purpose in giving back to others and your community

5: Build a Support Network

- Seek support from friends, family, and support groups
- Understand the importance of professional counselling and therapy
- Nurture meaningful connections and relationships
- You can drop people who do not support you, or belittle your pain, it is your life and you choose your friends and people who travel with you

6: Managing Practical Matters

- Handle financial and legal matters with care and diligence
- Organise important documents and paperwork

- Plan for the future and set some goals
- Get professional help to sort yourself out if you need to

7: Navigate Relationships and Social Dynamics

- Communicate with family and friends about your needs and boundaries, which will have changed
- Understand there will be changes in social circles and dynamics
- Explore new friendships and connections

8: Find Meaning and Hope

- Discover moments of joy and gratitude amidst grief
- Cultivate a sense of hope and optimism for the future
- Honor the memory of your loved one while embracing new beginnings

Conclusion: Embracing the Journey Ahead

- There will always be difficult days, but we women are resilient, we are courageous, and we are loving
- There is a life to live, day by day, stuff to do....and if you have children, you will be busy
- Make time for self-care, exercise and eat good quality food
- On good days remember you can smile and laugh...life goes on...

Love and kindness always

Diane - in harmony with you

If you need any further help and advice email me

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Or my Facebook Page

<https://www.facebook.com/DianeHollidayHolisticHealing>