

Finding Healing Through Mindfulness

Mindfulness for Grief



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Like many, I've faced the pain and sorrow of losing loved ones, both expectedly and unexpectedly. I understand first-hand how overwhelming grief can be, making it challenging to focus on daily tasks, let alone manage the practicalities of loss.

I, too, sought support after experiencing profound loss. While each person's journey through grief is unique, I can relate to the emotional and practical challenges it brings. Drawing from personal and professional experience, I offer my grief support training to help you navigate your grief and find healing.

I am a certified and registered mindfulness instructor and clinical hypnotherapist.

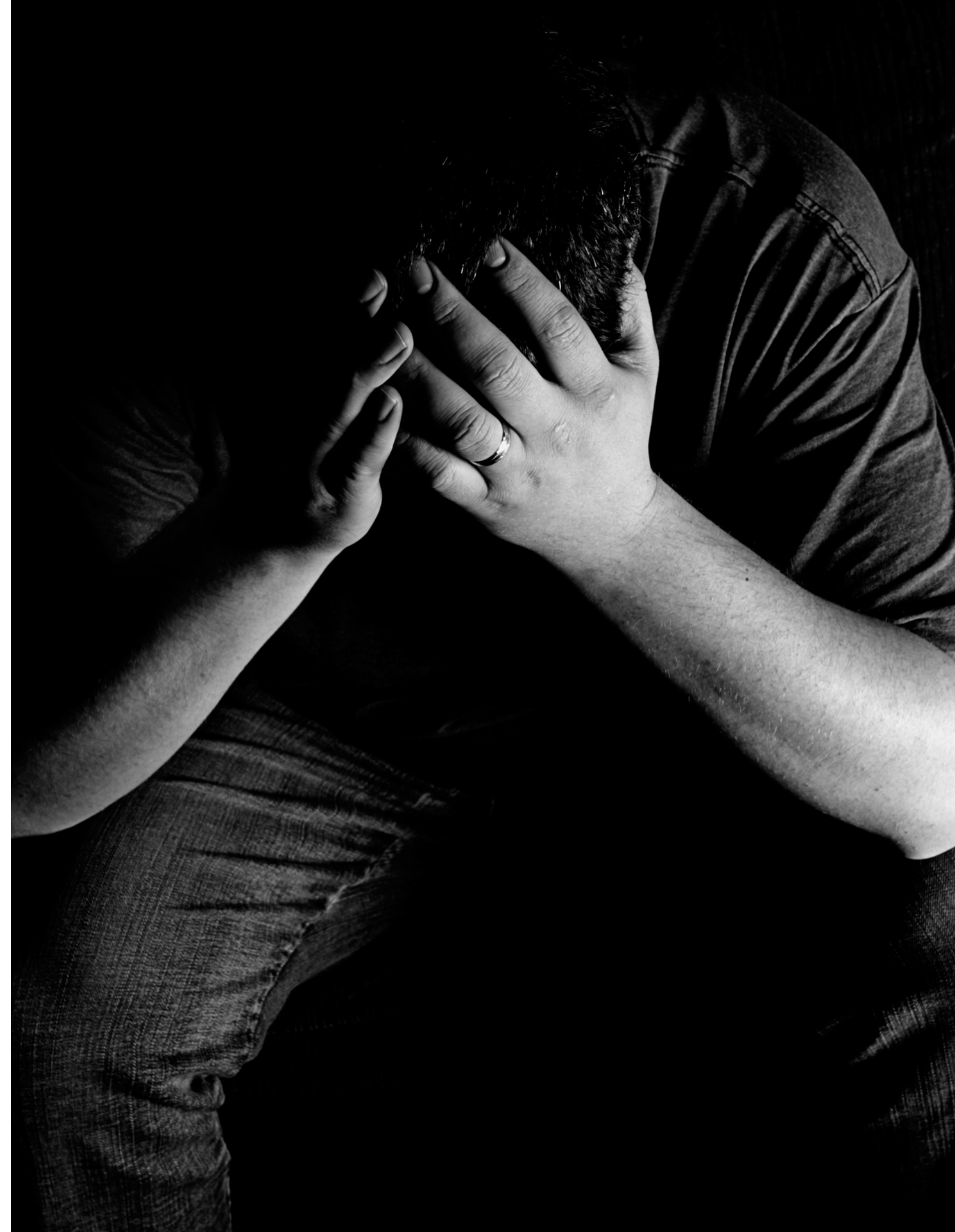


About

The Connection Between Mindfulness & Grief

Losing someone or something we cherish can be one of life's most profound challenges. The journey through grief often feels like navigating a stormy sea of emotions—sadness, confusion, anger—where finding calm waters seems impossible. Yet, amidst the turbulence, mindfulness offers a beacon of hope, guiding us towards healing and peace.

When faced with loss, our instinct may be to evade or suppress the pain. However, mindfulness invites us to confront grief with compassion and openness, encouraging us to embrace our emotions without judgment. By observing our thoughts and sensations, we learn to acknowledge and accept our grief, recognising it as a testament to the depth of our love.



About continued

The Path to Healing: Benefits of Mindfulness for Grief

In times of sorrow, mindfulness can offer solace, resilience, and a profound connection to the present moment. Though grief may seem an insurmountable mountain, these practices remind us that within the depths of our sorrow lies the seed of healing and renewal.

Mindfulness offers numerous benefits for navigating the grieving process:

1. Decreasing depression and anxiety: By focusing on the present moment, mindfulness helps break the cycle of negative thoughts that contribute to depression and anxiety.
2. Enhancing resilience: Mindfulness strengthens our ability to bounce back from adversity, fostering inner calm and stability.
3. Providing solace and refuge: Mindfulness offers a quiet space for healing, free from the constant demands of grief.
4. Healthy emotional release: Mindfulness provides a safe outlet for processing emotions, allowing them to flow freely.
5. Reconnecting with oneself: Through mindfulness, we gradually reconnect with our sense of self, becoming more attuned to our needs and feelings.
6. Cultivating compassion and understanding: Mindfulness teaches us to approach grief with kindness and understanding, fostering compassion for ourselves and others.



My approach

I've had the privilege of guiding both men and women through their grief journey in a personalised manner, allowing them to progress at their own pace. This involves providing the space and support needed to navigate the unpredictable waves of emotions, ultimately helping them find balance, perspective, and peace in their lives.

Claire expressed initially feeling like her pain would never cease. However, as we concluded her last session, she revealed that attending appointments and learning coping strategies had enabled her to continue living in a way that honoured her husband's wishes.

Case Study

A case study for a Healing Grief and Loss client is available to read [here](#).

Services & Fees

Healing Grief & Loss options available:

Mindfulness Appointment £70

Healing Grief & Loss Programme £199

Individualised Grief & Loss plan providing you with practical techniques to help you to support you in finding your way to calmness and strength to support healing after loss. The programme includes:

- Three personalised mindfulness appointments
- Grief, its management information & self-help material
- Two Mp3 audios to enhance your mindful mindset change

To support you, programme appointments can be taken over an agreed time frame.

20% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

Please enquire for details or you can book a slot [here](#).

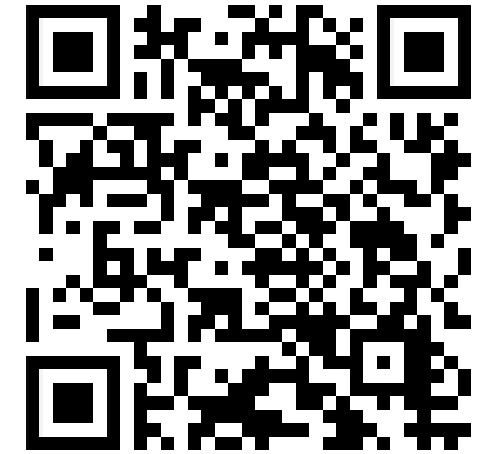
Contact Me

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To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***