

TLC Resource Guide

Grief, Meaning Making & Life Transitions

Find Meaning as Life Changes.

A Whole-Person Guide to Understanding Grief, Loss, and the Journey of Becoming.



Welcome

Life doesn't always unfold the way we imagined.

Sometimes change arrives gradually. Other times it comes unexpectedly, altering our relationships, our identity, our plans, or our sense of home in the world. You may be grieving the death of someone you love.

Or perhaps you're grieving something less visible—a relationship, a career, your health, your faith, a dream you held for your future, or the person you used to be.

Whatever has brought you here, we want you to know this:

Your experience matters.

We believe grief isn't simply something to "get over." It is a natural response to love, change, and loss. Understanding your experience can help you move through it with greater compassion for yourself and hope for what lies ahead.

I Feel...

You may recognize yourself in some of these experiences:

- ☐ I feel lost.
- ☐ I feel like no one really understands what I'm going through.
- ☐ I feel isolated.
- ☐ I feel guilty for what happened—or for moving forward.
- ☐ I wonder if I'll ever feel like myself again.
- ☐ I feel emotionally exhausted.
- ☐ My relationships don't feel the same.
- ☐ I don't know who I am anymore.
- ☐ I feel frozen or unable to move forward.
- ☐ I question my beliefs or the meaning of my life.

☐ I feel ashamed of how long I've been grieving.

☐ I feel like everyone else has moved on.

☐ My body feels as tired as my heart.

Grief can follow any meaningful loss. It is not limited to death, and there is no "right" way to experience it.

Pause & Notice

What loss or life change brought you to this guide?

What part of your experience feels hardest to put into words?

What's Happening?

Grief is one of the most universal human experiences and one of the least understood.

Many people expect grief to unfold in neat stages or follow a predictable timeline. In reality, grief is often nonlinear. It can come in waves, surprise us months or years later, and affect every part of our lives.

Grief isn't only emotional.

It can influence your:

- body
- nervous system
- sleep
- concentration
- memory
- relationships
- sense of identity
- spiritual beliefs
- hopes for the future

Some losses are openly recognized by others. Others are harder for people around us to understand.

This is sometimes called **disenfranchised grief**—losses that may not receive the acknowledgment or support they deserve, such as miscarriage, infertility, divorce, estrangement, the loss of a beloved pet, a faith transition, or the loss of a hoped-for future.

Whatever your experience, grief is not a sign that something is wrong with you. It is a reflection of the significance of what has changed.

What We Want You to Know

Our providers shared several messages they hope every client understands.

What you're experiencing is more common than you may realize.

Although every person's grief is unique, many people experience uncertainty, isolation, exhaustion, guilt, and periods of feeling lost after significant change.

You are not alone.

Healing rarely happens in isolation. Support can come through trusted relationships, community, counseling, spiritual care, creative expression, or simply having someone willing to sit with you in your experience.

There is rarely one answer.

One of our providers shared these words:

"Sometimes the only answer we have is to live the question."

Grief often asks questions that cannot be solved immediately. Instead of trying to erase loss, healing often involves learning how to carry it while continuing to build a meaningful life.

Loss changes us, and that's okay.

Our culture often expects people to "move on." But grief doesn't have an expiration date. Love doesn't disappear because time has passed. Healing doesn't mean forgetting. It means gradually discovering how to carry your loss while remaining open to life.

What Healing Often Looks Like

Healing doesn't mean returning to the person you were before your loss. Often, it means gradually becoming someone who has learned to carry both sorrow and hope.

You might notice...

When grief feels overwhelming...

Every thought returns to your loss.

You feel alone in your experience.

You feel frozen or unable to move forward.

You question whether life will ever feel meaningful.

You feel guilty for laughing or experiencing joy.

You feel disconnected from yourself.

You feel pressure to "move on."

As healing begins to unfold...

Moments of peace begin to appear between waves of grief.

You begin finding people who can truly listen and understand.

Small steps toward life begin to feel possible again.

Glimpses of purpose and possibility slowly return.

You begin discovering that joy and grief can exist together.

A new sense of identity gradually begins to emerge.

You become more accepting of your own unique pace of healing.

Pause & Notice

As you look back over the past few weeks or months, have you noticed any small signs that healing may already be happening?

Perhaps you smiled without feeling guilty.

Perhaps you allowed someone to help you.

Perhaps you spent time outside.

Perhaps you cried in a way that felt healing instead of overwhelming.

These moments matter.

Healing is often less about leaving grief behind and more about learning to carry it with greater compassion, connection, and meaning.

A Gentle Reminder

Grief doesn't move in a straight line. There may be days when you feel hopeful and days when your loss feels just as fresh as it did before. Both can be part of healing. Be gentle with yourself.

What Helps?

There is no single path through grief. Different people find comfort and healing in different ways.

Research and clinical experience suggest that healing often comes through a combination of support, reflection, connection, and meaning-making.

Community

Grief often feels lighter when it is shared.

Support groups, community events, or simply spending time with trusted people can reduce isolation.

Counseling

Therapy provides a safe place to process emotions, navigate life transitions, and explore the questions that grief often raises.

Expressive Writing & Creativity

Journaling, poetry, music, visual art, photography, and other creative practices can help express experiences that are difficult to put into words.

Stories, Literature & Philosophy

Books, poetry, films, and philosophy remind us that humans have wrestled with grief and questions of meaning throughout history.

Sometimes another person's words help us find our own.

Time in Nature

Nature reminds us that endings and beginnings often exist together.

Many people find that walking, gardening, hiking, or simply sitting outdoors creates space for reflection and healing.

Spiritual Practices

For those who find them meaningful, prayer, meditation, ritual, faith communities, or spiritual direction can provide comfort and perspective.

Meaning Making

Healing isn't always about reducing symptoms.

Sometimes it comes from discovering new purpose, deepening relationships, serving others, or finding ways to honor what has been lost while continuing to live fully.

How TLC Can Support You

Instead of asking,

"How do I stop grieving?"

consider asking,

"What kind of support would help me carry this season of life?"

Individual Support

- Individual Counseling
 - Spiritual Care
 - Medication Management when appropriate
-

Meaning & Integration

- Spiritual Care to talk about meaning making and grief
 - Ketamine Integration (when appropriate)
-

Community & Connection

- Grief Support Group
 - Death Café
 - Community Events
 - Integration Groups
-

Nervous System Support

Because grief affects both the mind and the body, your provider may also recommend support for your nervous system through:

- ILF Neurofeedback
 - Breathwork Class
 - Mindfulness Class
 - The Infusion Sanctuary
-

Finding Your Next Step

If you're noticing...

The loss of someone close to you

Questions about faith, identity, or life's meaning

Feeling isolated or unsupported

Feeling emotionally overwhelmed

Grief affecting sleep, anxiety, or your body

Several concerns happening together

You might consider exploring...

Grief Support Group

A complimentary Spiritual Care consultation with Jude

Community groups or Death Café

Individual Counseling

Nervous System Support through ILF Neurofeedback, Breathwork, or the Infusion Sanctuary

Talk with your TLC provider about creating a personalized care plan.

Continue the Conversation

If one or more of these next steps resonated with you, we'd be honored to help you explore them. You don't have to figure everything out before reaching out.

Our team can answer your questions, help you understand your options, and work with you to determine what kind of support might be the best fit for your needs.

Call our office at 385-272-4292 to schedule an appointment or consultation. Together, we'll help you explore next steps that might benefit you and your unique needs.

Reflection

Pause & Notice

What part of your life feels like it is asking for your attention right now?

What questions are you living with?

Imagine Experiencing...

Imagine waking up and feeling just a little less alone.

Imagine carrying your memories without feeling consumed by them.

Imagine discovering moments of laughter without guilt.

Imagine reconnecting with people, nature, creativity, or your spiritual life.

Imagine beginning to trust that life can still hold meaning—even if it looks different than you once imagined.

Healing doesn't erase what you've lost. It expands your capacity to carry it while continuing to live with purpose, connection, and hope.

Looking Ahead

Rather than asking,

"How can I get back to who I used to be?"

you might gently ask,

"Who am I becoming through this experience?"

There may not be an immediate answer.

Sometimes simply remaining curious is enough.

Additional Resources

Books

- *The Grieving Brain* — Mary-Frances O'Connor

- *It's OK That You're Not OK* — Megan Devine
- *When Things Fall Apart* — Pema Chödrön
- *Man's Search for Meaning* — Viktor Frankl
- *The Book of Awakening* — Mark Nepo

Podcasts

- Grief Out Loud
- On Being with Krista Tippett

Blogs

- [Let's Talk Holding Space for Your Grief](#)
- [Let's Talk About Death](#)
- [Let's Talk Grief During the Holidays](#)
- [Let's Talk Grief Group](#)
- [Let's Talk Grief and Breathing](#)

Practices

- Expressive writing
 - Time in nature
 - Poetry
 - Music
 - Creative expression
 - Community connection
-

Experience TLC

Grief has a way of changing us.

While we may not be able to choose every loss we experience, we can choose not to walk through it alone.

As you continue working with your TLC provider, stay curious about what your heart, mind, body, and spirit may need during this season.

Healing isn't about forgetting what you've lost. It's about discovering that even after profound change, life can still hold beauty, connection, purpose, and hope.