

Mindfulness, Grief and Self-Compassion

We hope these cards will support you
through difficult times.

You will find information, meditations and practices
that will bring more mindfulness and kindness
to your journey with grief and loss.

Pull a card from the deck and use the message
as an inspiration for your day.
Notice how you feel in your body
when you first see the card.
Put the card in a prominent spot
as a remind to give yourself
care and kindness while grieving.

The images on the cards are from
the artworks of Johanne Galipeau.

We acknowledge use of concepts
from the Mindful Self-Compassion Program.

A deep bow to our teachers and mentors
in Mindfulness, Grief and Self-Compassion:
Kristin Neff, Christopher Germer,
Alan Wolfelt and Heather Stang.

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