



Let's take a moment to settle in.

If you feel comfortable, gently close your eyes or soften your gaze.
Take a slow breath in... and exhale.

Again, breathe in... and let it go.

Grief changes us. Sometimes in ways we didn't choose, and didn't expect.
It can shift how we see the world, how we feel, and even who we are.

For this moment, there's nothing to fix or figure out.
Just notice—what feels different in you today?

Maybe it's your strength...
maybe it's your tenderness...
maybe it's a heaviness, or even a quiet resilience.

Whatever is there, let it be there.

Place a hand on your heart or somewhere that feels grounding, if that feels okay.
And remind yourself: *I am allowed to change. I am still here.*

Take one more slow breath in...
and out.

When you're ready, gently bring your awareness back to the group.