



Walking Across Egypt: A Journey of Loneliness and Loss



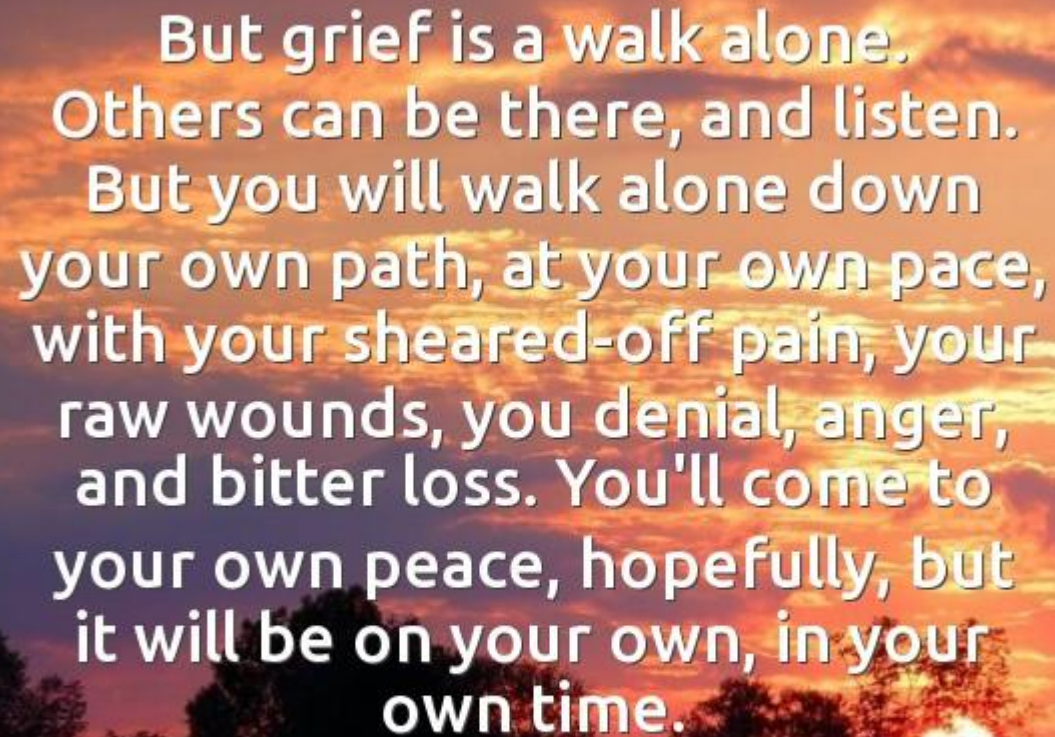


- Taking the first step
- The things that trip us up
- Stopping to rest and breathe
- Listening

Our Journey and Our Stories

Reflection and Sharing

- What is your path/trail, and where are you currently?
- What are or have been your stumbling blocks?
- How are you talking to yourself?
- How are you telling your story?
- Where does your story need editing?



But grief is a walk alone.
Others can be there, and listen.
But you will walk alone down
your own path, at your own pace,
with your sheared-off pain, your
raw wounds, you denial, anger,
and bitter loss. You'll come to
your own peace, hopefully, but
it will be on your own, in your
own time.

Cathy Lamb


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Loneliness




Sharing our
Stories


The Journey Continues: Finding Peace







“Self-care is a deliberate choice to gift yourself with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit.” *–Laurie Buchanan*



Self-Compassion Exercise

- Physical
 - How do you care for your body?
 - How do you release tension and stress in your body?
- Mental
 - How do you care for yourself mentally?
 - How can you allow your thoughts to come and go with greater ease?
- Emotional
 - How do you care for your emotional well-being?
 - What else could you do to care for your feelings?
- Relational
 - How do your relationships breed happiness?
 - How can you enhance your connections with others?

Self Care Toolkit

- Physical
- Psychological
- Emotional
- Spiritual
- Personal
- Professional

Returning

- Reflecting
- Remembering
- Sharing



thank
you

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