

# Self-Care: A Ritual of Repair After Loss

*Integrating Ritual, Embodiment, and Spiritual  
Renewal After Loss*

Presented by Dr. Annie Myers, Chaplain





# Learning Objectives

- ☐ Describe how grief influences the mind-body connection.
  - ☐ Explain the purpose of ritual and embodiment in post-loss recovery.
  - ☐ Identify personal practices that nurture self-care and spiritual restoration.
  - ☐ Create an individualized “Map” to sustain ongoing healing.
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# What Is Grief Doing to the Body?



- ❑ Disrupt sleep, appetite, and immune balance
- ❑ Activates stress-response pathways (HPA axis)
- ❑ Produces physical sensations — tight chest, fatigue, “heart ache”
- ❑ The body remembers what the heart endures

# Why Self-Care Is Sacred After Loss

*Self-care after loss is not productivity — it is preservation.*

- ❑ Restoring inner sanctuary is an act of reverence, not indulgence
- ❑ Spiritual and neurobiological rest renew emotional bandwidth
- ❑ Rituals of care—lighting a candle, breathing prayer, gentle walks—  
anchor the soul



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graph TD; A[Soul Centering: Breathe, Move, and Release] --- B[The Still Point – Pause and Prepare]; A --- C[The Inhale of Peace – Breathe In Calm]; A --- D[The Exhale of Release – Send It Forth]; A --- E[The Movement of Manifestation – Push it into Purpose];
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**Soul Centering:  
Breathe, Move,  
and Release**

The Still Point –  
Pause and  
Prepare

The Inhale of  
Peace – Breathe  
In Calm

The Exhale of  
Release – Send It  
Forth

The Movement of  
Manifestation –  
Push it into  
Purpose

## Feeding the Flame

- ❑ Light a candle and speak the loved one's name
- ❑ Place a meal, flower, or photo as an offering of memory
- ❑ Sing or read a favorite scripture or poem



# Memory Craft in Action

Try	Try one:
Write	Write a letter to your loved one.
Paint	Paint what your grief feels like today.
Walk	Walk a path and leave a stone of remembrance





## Healing Map

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Your map is unique to you. It may include:

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A morning mantra or prayer

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A safe space for tears

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A weekly walk to reflect

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Community touchpoints of support





# Key Takeaways

Grief is both  
emotional  
and  
physiological.

Ritual bridges  
memory and  
meaning.

Embodied  
practice  
restores self-  
compassion.

Healing is not  
a return to  
normal—it is  
a sacred  
reawakening.

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# Reflection

*You are not broken. You are becoming.*


*Each breath you take is a prayer.*

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*Each step forward is an act of sacred resilience.*

Dr. Annie Myers, Chaplain

*This presentation is provided for educational and professional development purposes. Content is intended to support spiritual and emotional understanding and does not constitute licensed clinical therapy.*



*Dr. Annie D. Myers , Chaplain*



*Happy  
Holidays*

# References (APA 7th Edition)

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# References (APA 7th Edition) Part -2

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