



S.H.O.U.T

Because we all need to **Let. It. Out.**

I'm Sam, and the thing you'll figure out pretty quickly about me is that I'm not one to keep quiet about the things I believe in. I believe that we're missing things like this, not only in our schools but in our world. We're not talking about grief. We're not dealing with grief. Therefore, no one knows how to handle it.

I'm here to SHOUT it for everyone to hear!



STOP

STOP putting others first and START taking care of YOU. Immediately. This is about YOU and how you'll survive and heal. In order to do that, you need to think about YOU. It might be the first time you're actually doing this in your life, it was for me. Because I had no other choice. And you don't either. It's not selfish, it's actually quite the opposite. In order to be there for the ones you love in the best way you can be, YOU have to be at your best. That means you have to

STOP and take care of YOU. Now.

HELP: It takes a village.

The first step is accepting that and allowing yourself to rely on yours.

In order to do that, you need to be clear on who is in your tribe. My tribe literally kept me sane, safe, and standing... and yours will too... but you have to let them.

Think of the people you really will reach out to, the ones who know you best, and the ones you're ok with allowing to interact with each other.

Think of a code word. An upbeat, fun, silly word you can say when you need something or someone. Mine is peanut butter pancakes. It's a lot easier to say that than it is to say I'm having a bad day and I need you or can you talk or even help.

Inform the entire tribe of this word, and what you need when you say it. (For example, I do NOT want anyone asking me what's wrong.

I know I'll need to address this, but it's the absolute last thing I want to do in this moment.

Instead, I want my tribe to distract me. To get my mind on other things and off of what's troubling me. It's your job to come up with the code word and to tell your tribe what to do when you use it.

Last, you have to allow your tribe to interact with each other. You're a mess and aware of it, and they can come up with a system, together, to be there for you. My tribe literally each chose a "Sam Day" to check in on me. If I reached out to someone and they weren't available for some reason, they knew to reach out to someone else. We became a big team, and I never, ever felt unable to reach out. Not one single time.

OWN the experience

Your body will give you clues. It's your job to listen. Sometimes that's going to mean breathing. Or crying. Or sleeping. And eating. Nutrition is vital and it's not something you may care about. But you need to in order to survive. And no one will be able to help you with those things but you. Whether you set an alarm on your phone or write yourself notes, the bottom line is that your body gives you clues.

Your heart will race. Your stomach WILL growl. You will yawn. You'll feel the tears. Don't fight these things. Make time to breathe for five minutes. Find five minute meditations to listen to in the morning and evenings. These are not small suggestions. These small daily tasks will play a vital role in your healing journey.

U. Yes YOU.

It's all about you and finding anything that brings you a smile. You've lost something and that's huge. So it's even huger (yes huger, it's a word) that you do anything you enjoy. I don't care what anyone else says or thinks. I was finger painting at 3am, remember? And sitting outside just enjoying nature. Do ANYTHING that brings you joy. Walks. Making music. Art. I don't care! It's not about the what, it's about the feeling. Period.

Think about what you're grateful for, and I recommend creating a gratitude journal. I write in mine every morning and every night - that way I begin and end my day in gratitude.

Write down affirmations (e.g. "I am worthy of happiness") and say them out loud. Visualize yourself acting out the event like a movie so that when you later say the affirmations the "movie" will play again in your mind. I have my affirmations written all over so I see them frequently; in my planner, taped to the bathroom mirror, on the refrigerator. I also add new ones regularly.

TIME

Don't get caught up worrying about forever. That's too much. We've lost too much to think beyond this moment. Take it one moment at a time. Not one day. Just one moment for now.

Babies crawl before they walk and we walk before we run. This is no different. We have to start with one moment, and then we'll move on to one hour, and eventually one day. Right now you just need to focus on this moment. The here and now.

Congratulations for reading this far. I hope that you have found this S.H.O.U.T piece useful. Keep it with you until it becomes automatic. Share it with others who are struggling. SHOUT it for the world to learn what we were never taught.

Now, let's put your pieces back together again.... together. Because you don't have to go through this alone!

My name is Samatha Ruth, Psychologist, Expert Grief and Anxiety Coach, and Widow. I will help you turn your pain into your power by guiding you to be your true self, not who you think you need to be, by embracing your differences, and by living life on your own terms.

Don't struggle any longer. **Book your call today.**



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