



# when your world unravels, begin to sew:

## CLING TO SCRIPTURE

*At our core, we must be rooted in scripture—without it, there is nothing to stop the spiral of our thoughts when we need to sleep, there is nothing to hold us accountable for what we put in our mouth, and there is no standard for the words and thoughts we have as we walk.*

*Just take a verse or a phrase from scripture and cling to it.  
Psalm 139 is a great place to start if you're looking for ideas.*

*"Even in the depths, you are there."*

### SLEEP WELL

*Take the time to prioritize your sleep.*

Your body has a lot to process. There may be bad dreams, you may be restless, you might be afraid. Find ways to encourage and support your body to get the rest it needs. Magnesium supplements and Chamomile Tea are a great place to start.

### EAT WELL

*Nourish your body with foods that will help process your grief.*

Grief is not just mental, it's physical. Eat red meats, prioritize your vegetables, and supplement your vitamins and minerals as needed. Your brain needs all the support it can get right now. Passionflower, lemon balm, and rose petal are great herbal tinctures to consider when dealing with grief.

### WALK OFTEN

*A walk a day keeps your mind at bay.*

There is something so healing about the sun shining down as you process your thoughts and walk. Overwhelming grief, anger, and spiraling thoughts often feel much more manageable if you can get your body moving.