

First Breath: Starter Guide

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Reclaiming Life After Loss, One Breath at a Time

By The Good Grief Healing Center

Welcome

We're so glad you're here.

Grief can make it hard to breathe. It can turn ordinary moments into mountains and silence into sorrow. The First Breath journey is not about fixing you—it's about gently guiding you back to yourself, one breath at a time.

This guide is your invitation to begin again. To create space for stillness. To let your grief speak. To know you are not alone.

You don't have to heal all at once. You just have to begin.

The 5Rs Healing Framework

RELAX

Breathe. Ground. Be held.

- What helps you feel safe right now?
- Try a calming breath: inhale for 4, exhale for 6.

RELEASE

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Name what hurts. Gently let go.

- What are you carrying that feels too heavy?
- Write it down. Say it out loud. Let it move through you.

RESTORE

Reconnect with yourself and others.

- What brings you comfort, even a little?
- Take one small action today to nourish your spirit.

REJOICE

Let joy and sorrow sit side by side.

- What moment brought light into your day?
- Gratitude and grief can coexist.

REPEAT

Make healing a rhythm, not a rush.

- What one gentle thing will you repeat tomorrow?
- Healing happens in small, sacred steps.

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