

Dr Judy Hinwood

10 KEY STRATEGIES TO HANDLE
GRIEF AND LOSS

HANDLING GRIEF & LOSS



I unexpectedly lost my marvellous, so vital and much-loved husband of 54 years, Dr John Hlnwood in October 2020. We had life in all its fullness and wonderfulness; love and caring in abundance from all corners, loyal friends and family, work together that we loved creating, adventures.

For more than three years I didn't see how I could recover enough to function at all. I see that, given time and some strategies, we *can* come back from the horror. Different people, different lives perhaps, but possible.

I offer you here a laser way forward from what I have learnt, that works.

The information and strategies apply for anyone in personal trouble and challenges as well.

We all travel on this journey of grief in one way or another at some time.

The Mustard Seed Story as told to me by John Barter, grief counsellor in Tweed Heads, NSW:

A woman bereft from losing her son went to the wise man for his wisdom. He listened compassionately and asked her to bring him mustard seeds from all the houses where no-one had died. The woman went from house to house but could not collect any mustard seeds, so she ran back to the wise man in anguish saying, 'I can't do you task!'

'And why do you think that is? asked he, eyes full of compassion.

Every house has its' sorrows.'

As raw as sorrow is, it is part of human life, if that helps at all.

1. Do what makes you happy! Find something that adds good energy to your soul and spirit and do it. Music, dance, trees, walking, art, a pet. Repeat.

2. Create spiritual beliefs that support you. Use LightNow.au for a start if you need.

Fear and emotion mask the divine – in our grief state we can feel alone but we are never alone, no matter how it feels. Support is right by your side just ask and know your support is there.

3. Don't feed the 'sadnesses'. Repeating the same sad words like 'I can't do this on my own', 'this can't be happening,' 'this is just awful, unbearable, exhausting, etc' are certainly true at the time, and are a cry from the depths of our heart to the heavens. But as soon as you can do so, it is easier on your whole self to simply not use that language.

Use the Cancel Sign (detailed below) whenever these thoughts do happen.

I do suggest replacing those words with a positive when you can, but in the middle of grief that can be simply too much to ask as there can be no positive to be found. Later.

4. Don't fight the emotions, so they pass faster and exhaust you less.

Sit quietly in the middle of them, yes in the middle of them, and take stock of what is happening, without any judgement if you can – just observe what is happening. Allow the messes to be OK and sit with them until you can either – and here's the tool - start to *accept the feelings* and the situation, and/or just *allow them to fade away*.

How? Breathe them out from your belly, or let them go out gently through your feet and hands. I like to take the sadness from my heart and put it into a balloon to float away (I'm very visual – just thinking works the same as seeing). This way we make space for the peace to flow in, and yes it will, especially if you use the Universal Tool I have attached.

When a 'waterfall' of full-on emotion happens, honour its' need to be expressed and leave your body. Sure, this can be exhausting and debilitating, but that emotion is damaging and needs to go away for your health's sake. And when it is done, bring in the peace and calm (as above) to balance your body and soul again.

We can recover, though it can seem like we never will, and perhaps it will be slow. For me while the missing him is still just as acute, the tears are becoming less.

5. When you can, **find joys while adjusting to your new normal.**

Tears mixed with the joy are still a step back to joy. Beauty works for me; lisianthus flowers – all flowers, pelicans, magpies and kookaburras – all birds, wonderful pictures on Facebook, even.

Find joy, even tiny bits, wherever you can:

: I remember a trusting, tiny, laughing boy running to me, a perfect stranger, with his arms outstretched for a cuddle. I was in tears before he came to me and blubbering soon after and he just hugged me anyhow. A one-minute oasis in the desert of loss.

: The Woolworths manager who had seen me sometimes crying as I shopped for one person and put John's fave foods back. She sought me out, brought me the sweetest flowers in a white vase, and hugged me. Another saw my tears and gave me a special family Christmas cake, Priceless, truly.

6. Ask for help.

Most people expect us to handle ourselves because they know us as capable,

or they really don't know what to say,

or they have no idea of the pain we are in,

or their lives just carry on and we fade off their front page.

I've found people are happy to support when asked.

Be specific: do you want a phone call, a text, a video call, a visit, socials, etc and how often.

Find what works for both of you so it can be sustained.

Oh, how helpful this has been to me, to have a friend call or visit into the emptiness.

7. Be real. When people ask how you are, find words that express your pain in truth but in language they can handle, considering their lack of experience with what is happening to you. 'I'm coming along, thanks' works for me – it is real and means that the pain is still here, but I'm finding a way back to the living space, which is what folks want to hear, and everyone is encouraged and positive. 'I'm fine' when we aren't shuts people out and the sadness in.

8. Recognise your pain triggers and avoid them as much as you can.

For example, my worst are a crowd of strangers (no John smiling at me and looking for me across the room), most music (especially lyrics), mornings when I can't ask John what he wants to eat, shopping for one, cooking for one, so fish and chips etc were a frequent solution.

Make your home and life as trigger free as you can – change the bed and linen? Move out the cooking utensils for two and buy gear easier for one? Need photos or not? Stay where you are or move? Keep their things or not – huge? How can you make life as easy as possible for you?

9. Create a new schedule for yourself so you can give your life some more balance and structure, a firm base. I'm still working on this one belatedly; bit by bit a new reality that I can live with. For example, 5 deep breaths outside first thing, then smile for no reason, gratitude for life and food, lime juice in warm water.

10. Get ready for better. Imagine your new normal.

When you can, start making a list or a draw a picture of your life coming up. Or I suggest you close your eyes and imagine it in as much detail as you can. Use colours that represent the happiest memories you have so you put joy into your future.

Build on this future life point by point and then start the creation of it with the simplest step. Each step will encourage you to take the next. Celebrate!

My heart goes out to you.

I have attached the words of the Cancel Sign, the Universal Tool, and Release Tool which could be a great help as you work through the 10 tools and forward.

These writings are in 'tell' language and I ask that you please excuse me if I sound patronising or teacherish. I offer them with love, and you take what suits.

For people around the grieving person: It may be useful if I try to describe actual grief and loss so the folk around a bereaved person can more understand what is going on; the ferocious waves of tears, the endless loss of a major part of us, the vast emptiness and void, the mind thickness and fog, abject despair, endless horror, hopelessness, desolation, loneliness, fears, loss of confidence and purpose, and overwhelming exhaustion. Hard to describe. Any or all of these.

I am completing a collection of my learnings from many wise helpers in my grief and loss experience, called *Lighten Up*, and it will follow on from here.

With much love,

**Dr Judy Hinwood,
Chiropractor, Stress Management
Practitioner.**



Universal Tool

A force field that can diffuse negativity



Sit quietly in a comfortable chair and breathe slowly.

Imagine that above your head is a brilliant White Light, the light of the Creator. Imagine it any way you wish; see it, feel it, know it, or just think of it. You may think of it as a gentle snowfall, a white shower, a set of stadium lights, light shimmering off a sunny lake, a brilliant snow field, a spotlight, or any way you wish.

Allow the Light to flow quietly and easily down and around you, surrounding you like an eggshell of protection and love.

Allow the Light to flow slowly down through your head and down through your body filling you with calm, safety, peace, warmth and love.

Focus gently on your body's centre, your energy centre at your solar plexus. There is a well of life force there that we can deplete over time or in stressful situations. Shine a bright Light there and fill your energy up to overflowing again, allowing the Light to radiate out to fill your body again.

Sit calmly in this eternal, gentle, soothing space. Know you are being healed and cleansed, physically, mentally, emotionally and spiritually.

This process 'takes as long as it takes' to reach the point of calm and peace, but reach it you will.



Cancel Sign...replace with a positive

When we see this sign we think 'don't go there, go back, danger'.

This is exactly what is needed for us to do when we either think a thought or say words that aren't useful for us. They take down our mood, undermine our relationships, self-esteem and productivity, and affect our health and energy. If we say life is hard, then it becomes more so,

if we say life flows, then it becomes easier. Our subconscious mind is our servant like this.

- Literally draw The Cancel Sign up and out to your right, or imagine you are doing so, to practice. Start at 8 o'clock and go clockwise round to 2, then cross the centre. Then do this by your side, then just mentally practice till this is easy and natural.
- "Catch yourself" when a negative thought or feeling comes into your head. Replace the negative with a positive!

All those judgements can catch us out, like I'm too fat or too thin, too old or too young. Too busy, too... Watch for words like I haven't enough..., I can't..., I/you should..., I'm not..., you're not... The Key is to use The Cancel Sign rapidly - then replace the harsh words with helpful opposite words like I'm terrific as I am, I am plenty, I am clever, brave, fast, energetic, calm. This tool has the benefit of being very immediate in its action.

- Take an hour to observe yourself - every thought and word. Cancel and find the positive. Or 24 hours.

- Say and mean I Release, Let go and Move on.

Repeat the exercise every day for a week at least, keeping in mind that practice makes permanent! This can take a quite a time to become a habit, but the benefits are brilliant.

The Release Tool

'I release, let go and move on'. Say this after The Cancel Sign, or at any time on its own, to counteract a negative thought, word or emotion and to break habits.

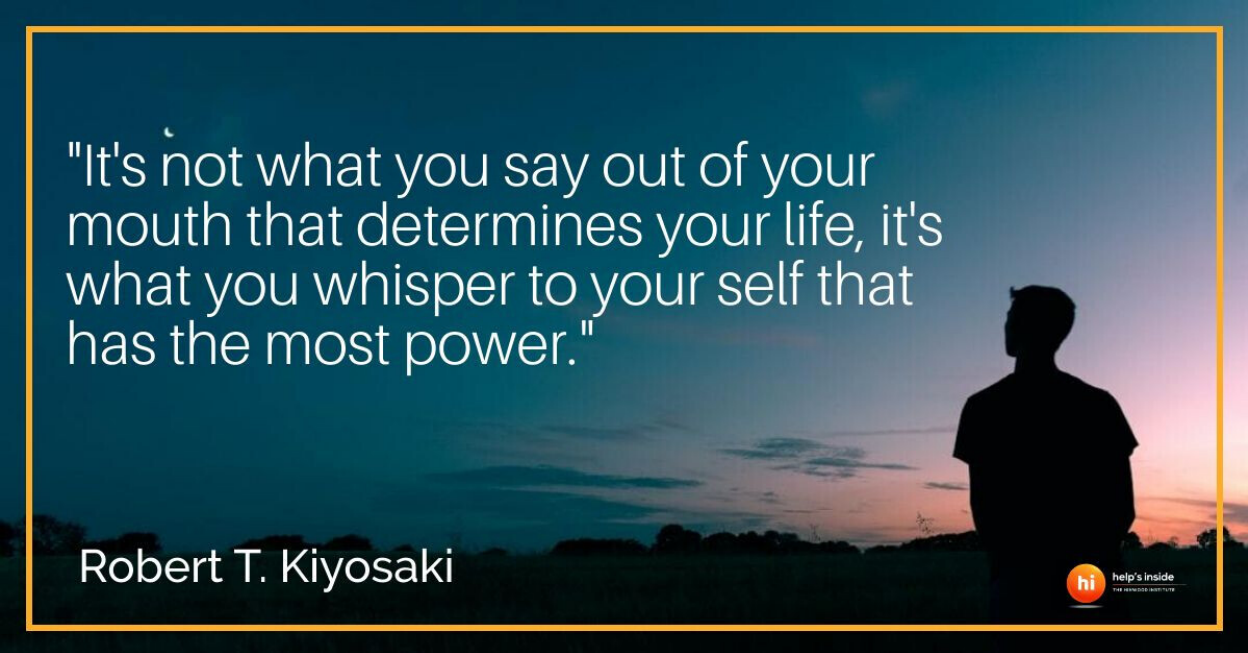
Just let whatever stress you have, go. You have done the best you could at the time. That *is* enough.

I can't stress enough how vital this tool is. It can be a prevention tool as, with awareness, thoughts and words can be anticipated and framed positively before they are uttered or thought, and emotions monitored.

Tough Memories: These tools can be applied to thoughts, emotions or memories of experiences that cause us distress.

Visualise or think about the words, experience or memory that is negative, distressing or unhelpful. Perhaps picture it as something physical, to the right and away from you. In the air, draw a big circle around it and put a red Cancel line right through it. Or to just think it is sufficient.

Say sincerely "I release, I let go and I move on". Replace any negative words or thoughts with positive ones. Take a deep breath and as you exhale, feel the negativity releasing from you, making way for your better life.

A quote by Robert T. Kiyosaki is displayed in white text on a dark blue background. To the right of the text is a silhouette of a person standing and looking out at a sunset or sunrise over a body of water. The sky is a mix of dark blue, purple, and orange. The entire graphic is framed by a thin orange border.

"It's not what you say out of your mouth that determines your life, it's what you whisper to your self that has the most power."

Robert T. Kiyosaki



UPDATE: Notes from my major session with grief counsellor, John Barter, Kingscliff, NSW August 2024.

This was an extremely useful session, almost four years after John died. My bottom-line, always-there thought and feeling was that 'I don't want to do it without John'. Constantly there, no matter how hard I tried to move forward I was always sad because John wouldn't be there in physical form, talking and laughing with me as he had been for so long. My physical and mental health had taken a beating.

JOHN BARTERS' REPLY

'Of course you don't want to move on without him.

But know that those are just words.

You can 'buy' into them or not. Instead, just notice them, sort of from a distance, notice the emotions and your body state, the emotions in there.

Acknowledge that these are true for you in this moment and for good reason.'

AND THINK 'I HAVE A CHOICE IN THIS MOMENT.'

To go ahead as I am, sad, slowing and stationary, or not.

THEREFORE, I choose to go forward, for my sake, to have a happier life, for John, for the knowledge base that I have to share with others having trouble.

KEYS: So, I will feed my body and soul positivity and look after them, looking forward to better in all ways.

: Take small action steps gently and kindly on my hurt little self, being very aware in each moment. More time is needed; that will help.

DOUBTS: Don't give the doubts attention – 'No, I'm doing this. I'm on track. All's well.'

This is an opportunity to 'rise above' with ongoing learning.

I make John shine by doing what needs to be done. His lovely legacy continues.

Doubts are just distractions. Say, 'no, I am writing this piece just now.' Stay on track.

AVERSION: For deep 'I really don't like this, I don't want to do this' simply BE AWARE. Stand back and don't give it energy. Don't repeat it!

Don't personalise it, own it, take it in or make it real. Change it to what is useful.

LONELINESS is just a mental and body state that we personalise and identify with by saying 'I am this...' Sit with it quietly and neutrally, just noticing it, so we don't become the feeling.

In summary: Have a TEFLON PSYCHE, a non-stick mind so our 'stuff' doesn't stick.
Continue to heal with calm and insight.

Take these tools into my heart and mind, realise they are for me, and use them.

Thank you, John Barter, indeed. Great reminders. Life-saver.

With love,

Judy Hinwood, DC

This booklet has been published by [The Hinwood Institute](#) in support of [Light Now](#).
If you'd like to connect with **Dr Judy Hinwood**

www.lightnow.au/contact-us you can reach out to her at www.lightnow.au

To find out more about the services offered through Light Now, visit

If you'd like to find out more about **The Hinwood Institute** and it's legacy work for Dr John & Judy Hinwood, visit

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About the Author

Dr Judy Hinwood is an Australian teacher and chiropractic health professional by training. She is a highly experienced and respected clinical practitioner, and a seasoned coach, mentor, speaker, trainer, and author.

Where did Dr Judy's knowledge come from?

Dr Judy and her late husband Dr John Hinwood taught Physical Education in Australia and overseas before completing Doctor of Chiropractic degrees in Canada in 1978. Back in Australia they established a successful and enthusiastic chiropractic practice in suburban Brisbane that became a model for many. In 1983 Judy chose a natural wellness approach to reverse a very serious disease and heal her body. This experiential health journey coupled with her health qualifications and much study led her to a deeper understanding of how essential harmony is for true wellbeing. The successful outcome of this combination of natural-based modalities was the genesis of a new approach to health care that she and John fostered. With a thorough understanding of the challenges faced by health professionals, John and Judy created The Centre for Powerful Practices in 1991. Together with their mentoring team they have assisted a significant number of chiropractors and other health care professionals to balance their practice and life opportunities.

In 2011 Drs John and Judy launched the Stress Management Institute to deliver their proprietary Stress to Strength workshops and coaching. Specialising in a wellbeing-based approach to life, their teachings recognised that health has many factors; physical, mental, emotional, and spiritual. Their coursework drove the understanding that for true healing all factors need to be in balance. Dr Judy Hinwood is a Member of the Australasian College of Chiropractors and an Associate Fellow of The Australian Institute of Management. She has received humanitarian Awards in Australia and the USA, and other distinguished service awards. She was named World Woman Chiropractor of the Year in 2004 at Parker Seminars in America.

Following the passing of Dr. John in October 2020, Dr. Judy ensured that their work would continue by granting use of the materials to two of their graduates who have established The Hinwood Institute to carry on sharing this life giving knowledge.