



Freebies &

Links

Covid had been raging for over 2 years. We recognized the negative impact this was having on people who were denied human touch, ways of connecting and even opportunities to grieve in the usual ways. Our Patients and Families were restricted from being with their loved ones—even loved ones were being denied the comfort of being with their family members through the dying process and prevented from planning and attending funerals.



We were determined to respond to the unexpected demands Covid -19 placed on our hospice patients, families and our community.

A weekly caregiver support group meeting via Zoom was born. After hosting this weekly meeting for over a year, through the reaction and participation of the members, our original idea expanded and took on a life of its own. There became a demand for a way to get this information to more people in a useful and easy to use format.

It's our hope that through the implementation of the information and exercises contained in this Workbook, you will find support and comfort in your own healing process. It may seem overwhelming, at first, but there is comfort in the fact that others have conquered these same challenges before you. They have paved the way and proven that these methods work. They have demonstrated that there is not only a renewal of hope, but an entirely new normal waiting to be explored.

**We invite you to begin your journey of healing with us.
Dana & JeanneLauree**

A FREE Copy of this Workbook is available to download on this Website

How To Use A Gratitude Journal

Here is a page for you to use as a gratitude journal. It is designed to give you a more in-depth look at what you are grateful for. It helps you rewire your brain and reframe the issues in your life. Use it **every day**, at the beginning or end of your day, or, whenever you feel stuck or down in the dumps. Here are some suggestions for how to do it...

Write down everything you are grateful for

- Write down or think of 3 things you are grateful for.
- Keep a gratitude journal, and write down at least one thing you are grateful for each day.
- Think of one thing that would make you happy, and then do it!

Being grateful for the little things in life helps to cultivate an overall optimistic mindset that can help you handle all the challenges life throws at you.

My Daily Gratitude Journal

DATE: _____

5 things I'm grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

4 things I'm looking forward to:

1. _____
2. _____
3. _____
4. _____

3 things I accomplished today:

1. _____
2. _____
3. _____

2 people I'm grateful to have in my life:

1. _____
2. _____

1 amazing thing that happened this week:

THE SELF CARE ALPHABET

A 
AROMATHERAPY

B BUY SOME FLOWERS 

C 
CLEAN UP


D 
DO A DIY

E 
EXERCISE

F 
FINISH SOMETHING


G GET SOME SUN 

H 
HYDRATE

I 
INDULGE A LITTLE

J 
JOURNAL


K 
KEEP A SKIN CARE ROUTINE

L 
LIGHT A CANDLE


M 
MASSAGE THERAPY

N 
NOURISH YOURSELF

O 
ORGANIZE AND DECLUTTER

P 
PAMPER YOURSELF

Q 
QUIET TIME

R 
READ A BOOK

S 
SPEAK TO AN OLD FRIEND

T 
TAKE A BATH

U 
UNPLUG

V 
VOLUNTEER

W 
WORK LIFE BALANCE

X 
XTRA LARGE SWEATS

Y 
YOGA

Z 
ZZZ'S

30 Day Jump-Start Calendar

Commit to doing this for an entire month. If you don't like a suggestion, pick one you like and do it two times in the month.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Have a game night	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something nice	Create a bucket list
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Write down your thoughts	Take a long shower or bath	Have a home spa day	Read inspirational quotes
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Create a vision board	Spend some time outside	Do a hair mask	Write it all down in a journal	Take a power nap



What is a doTERRA Essential Oil?



Share

WHAT ARE ESSENTIAL OILS?

Watch on  YouTube

For more information, go to: my.doterra.com/oils4dying

Six Oils for Aromatherapy

**Emotion Kit--Easy-click
ordering at:**

<https://doterra.me/qXhDGouR>

Or

Double click on logo to go to link:



Adaptive Kit



The doTERRA® Adaptiv™ System is an effective answer to reducing tension and helping to empower and encourage when adapting to difficult situations or acclimating to new surroundings. e doTERRA® Adaptiv™ System is an effective answer to reducing tension and helping to empower and encourage when adapting to difficult situations or acclimating to new surroundings.

Adaptiv System combines clinically studied botanicals with a blend of essential oils to help manage the effects of stress and anxious feelings and helps create a sense of balance and ability to adapt to every situation.

Diffuse or roll on to promote feelings of calm and confidence.

Adaptive kit-Easy
click ordering:

<https://doterra.me/oSLWOace>

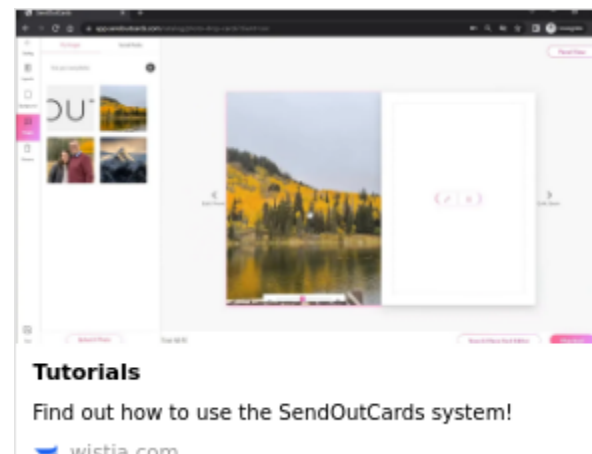
Links to Special Services/Resources

To send a FREE "Heartfelt" card to someone, double click image below:

SendOutCards
Capture life's special moments with SendOutCards
sendoutcards.com

Or go to:

www.sendoutcards.com/madefun

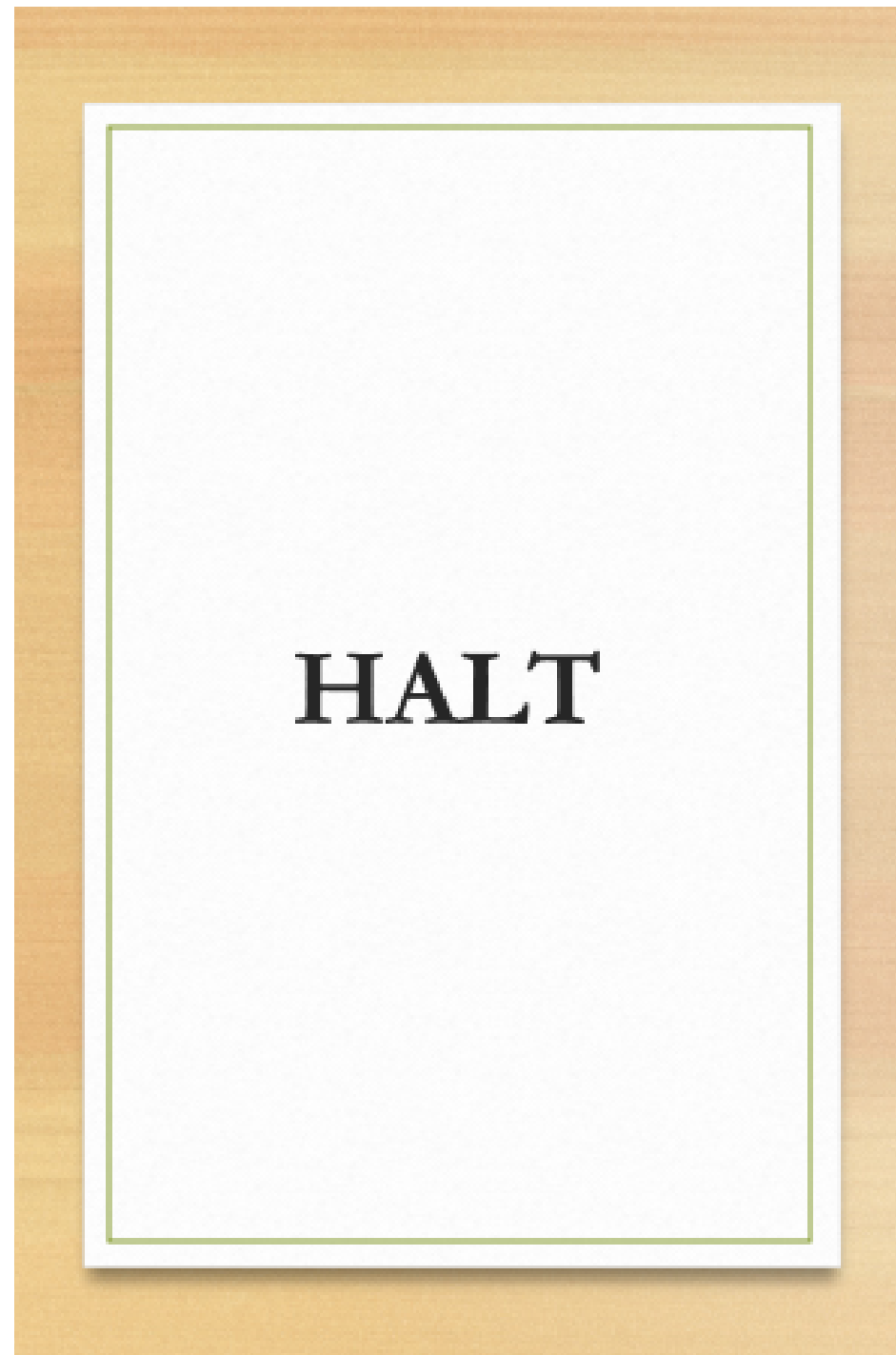


To access Info about Commons Brand CBD products:, double click image below:



Home

Natural wellness solutions to help you make each day better than the last.



Never let yourself get too:

Hungry

Angry

Lonely

Tired