



www.karenrohnercoaching.com | karenrohnercoaching@gmail.com  
 "Helping widows identify a path to moving forward."

# Tips for getting through Valentines Day

- **Ignore the Rules:** If you feel the need during Valentine's Day to hide your tears or put on a brave face, then you need to give yourself permission to grieve in your own way.
- **Cope Ugly:** eaning that coping does not necessarily need to be a thing of beauty—it just needs to get the job done. Do whatever you need to do during the holiday in order to cope.
- **Plan for "business as usual:** It is totally acceptable to not celebrate Valentine's Day at all. Of course, it is highly unlikely that you will be able to pretend it doesn't exist.
- **Connect with a local Widow(er) support group:** Research either in-person or online support groups. Widows in Motion is a non-profit that offers a Virtual support group option on Facebook.
- **Put Pen to Paper:** Journaling not only helps relieve stress but can also help you process and organize your thoughts and feelings as you write them down.
- **Honor Your Beloved:** Ask yourself how your loved one would like to be remembered and then make it happen.
- **Enjoy a day of Self-Care:** Meditate, take a warm bath, go for a pedicure or manicure, make your favorite meal, or order take-out.
- **Show yourself kindness and mercy:** You will be bombarded by images and soundbites of Valentine's Day between now and 2/14. Preparing yourself will make the day a bit more manageable. Anticipation on certain days can be more difficult then the actual day.



## A Six Week Series for Widows Moving Forward as You Grieve Designed to Find Hope in the Midst of Grief

### If You Are:

- Feeling defeated and lost
- Tired of making excuses
- Ready to start making a change
- Want to discover life again
- Wondering who you are
- Need to find hope

### And You Would Like To:

- Discover Who You Are
- Set New Goals and Priorities
- Discover New Possibilities
- Find Hope & Feel Accomplish
- Take Control of Your Life while still allowing yourself to grieve

### WHAT'S INCLUDED?

- Live Zoom Meetings
- Access to Recorded Session
- Support and Accountability
- Access to Private Facebook Group

3 SESSIONS AVAILABLE STARTING THE FIRST WEEK OF FEBRUARY 2022

Session 1: Tuesdays 9-10:30am (EST)

Session 2: Tuesdays 8-9:30pm (EST)

Session 3: Wednesdays 10-11:30am (EST)

[LEARN MORE](#)

## 1:1 Coaching Sessions Available!

The goal of these sessions is to discover your passions, values, and dreams and create a plan that takes you one attainable step at a time, closer to the most fulfilling life you can imagine. We will also identify "blocks" that may keep you from attaining each goal. You will discover what is true vs. what you believe is true and feel more confident than ever before. Karen Rohner Coaching offers 3 different individual coaching packages. Prices vary based on the package. Karen is able to coach anyone within the United States via online video chat.

You deserve to take care of yourself now. Let's do this!

Book a discovery call today and we will discuss what package fits your needs best!

[SCHEDULE A DISCOVERY CALL TODAY!](#)

## What are some benefits to hiring a life coach?

- Someone who can provide a different perspective.
- Discover your best self
- Identifying blind spots that prevent goal achievement