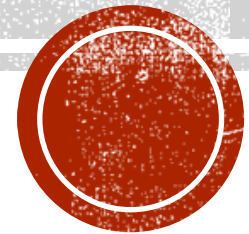


# SIX THINGS WE NEED.

Dr Sangeeta Mahajan



Saagar Naresh  
(1994-2014)



# GRIEF WORK

Doing whatever I can  
to keep my heart open,  
to feel and face every stitch of both,  
pain and love,  
WITHOUT abandoning myself.



# A TRIBE



# CONTINUED CONNECTIONS.



# CONTINUED CONNECTIONS.





**YOUR GRIEF DOES NOT DEFINE YOU.**

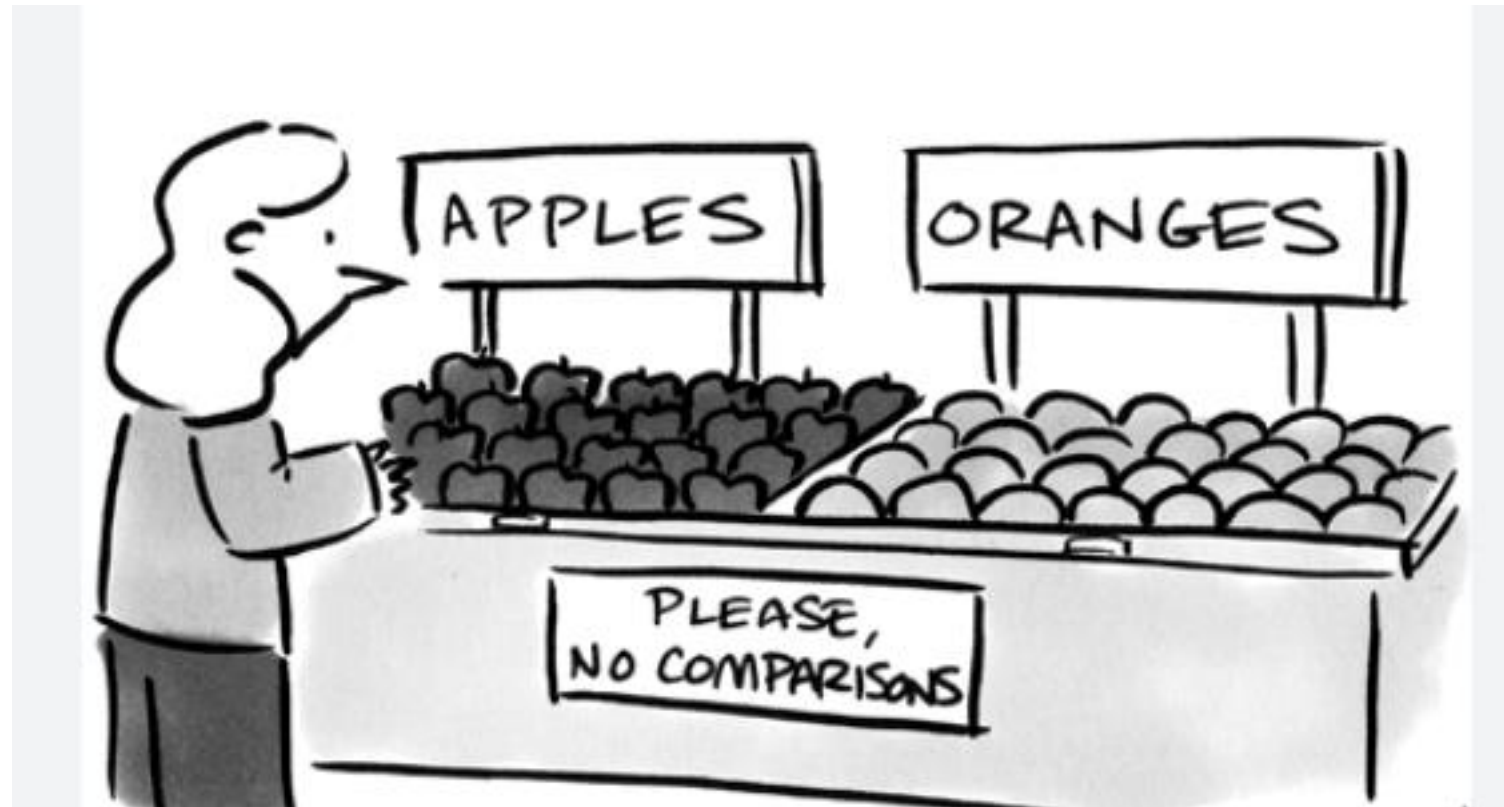


**TREAT YOURSELF AS YOUR BEST FRIEND.**





# DON'T COMPARE.



# COUNT YOUR WINS.



# SIX THINGS WE NEED ARE ...

- A tribe
- Continued connections
- Your grief does not define you
- Treat yourself as your best friend
- Don't compare
- Count your wins



# QUESTIONS.



THANK  
you

