

LEADING THROUGH LOSS

EMOTIONAL WELLNESS FOR MEN EXPERIENCING LOSS

THE LODGE

Welcome to The Lodge where we personalize our work to ensure that your experience is curated specifically to your life, your successes and also your vulnerabilities. Very often these vulnerabilities are extremely emotional and impossible to see past. Here are three essential understanding your emotional vulnerabilities and your way of journeying with them but first, why?

ISOLATION

One of the first complications is the lack of support available for men. Culturally we lack awareness to support the burdens of hard emotions and unfortunately it means men bury them and isolate themselves from the people they love. They view this as a form of protection. Being alone to brew can be healthy but we need to be fully aware.



CONNECTION

When it comes to hard emotions, this is not something many do well. Men often feel anger, rage, disappointment, and frustration when experiencing significant loss and their ways of connecting are different that what typical support structures allow for. We need to meet men where they are and in way that aligns with their creativity and energy.



UNBURDENING THE WEIGHT

AWARENESS

- Every single person has their own story and experiences loss in their own way. Losing a spouse, getting a divorce, family crisis, terminal illnesses, aging parents and so many more losses effect everyone differently.
- Be mindful of judgments. Men typically experience anger and regret when faced with a loss. It feels like you were not able to protect what you love, that you are misunderstood and a failure. Your heart is breaking in your own way, let that be your own experience.
- Silence feels like the best option because you are not sure what you want to say or to whom. Writing it out can often be the best way of making sense of it all.

ACTIONS

Throughout history, men have needed to be productive with their hands. They need to use their excess energy to create. We often find men doing something while they think. This could be your preferred emotional valve.

- Are you building something (home renovations galore!)
- Are you training for an Iron Man (often develop a super focus on overcoming odds)
- Are you throwing yourself into work (building, developing, creating)
- Are you posturing more physically (pleasure or dominant focus)?

You are exactly where you need to be as long as you are safe.

CONNECTION

Talk Therapy can often be overwhelming because you are worried about saying something, feeling something, activating something. Men often don't feel safe in this form of support if the feelings of anger and rage are surfacing

Walking/building/paddling/painting/etc. and talking are a much better connecting experience. It's your healthy boundary and it deserves to be honoured however, we prefer to create a space where your anger, rage, frustration, regret can all be held for what they an honouring of important work.

Creating space for all of you to be explored and understood is desperately needed.



THE LODGE



UNBURDENING

Sarah has over 25 years of grief and loss support experience. Her work with men specifically has been some of her most rewarding.

- Virtual and in person programs available
- 1:1 Coaching is private and confidential
- no long term commitment required.



Sarah Hines
Founder & Coach



LEARN MORE

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*"taking this journey with you
has been the most pivotal
experience of my life"*

-CEO, Canadian Pharma