



HACKING SADNESS

WITH THE

Williams

FAMILY



OUR WHY

HACKING SADNESS

why are we hacking sadness



Maybe someone has been through a transition, feeling drained emotionally, grieving the loss of someone or something, or simply feeling stuck.

we are here to help

We have "hacking" tips and tools to share with you and yours on a weekly basis!



Face what happened and talk about it. Find your source of joy.



Reset - Use the Reset Button to practice forgiving family and friends immediately.



Embrace the help and love of others. Sometimes it's difficult to receive support and love when grieving. Sometimes it may feel easier to isolate yourself but it will prove to be unhealthy if continuously done.



Express your emotions. It's ok to cry and it's also ok to laugh. Acknowledge your feelings and seek support or help if needed. Have family meetings so that you can express your feelings in a safe space.



Don't minimize what happened BUT move on even if you take baby steps. Transitioning to what you were called to do is important.



Open up to family and friends even those who have recently entered your life. Be open to new adventures, your new purpose or assignment.



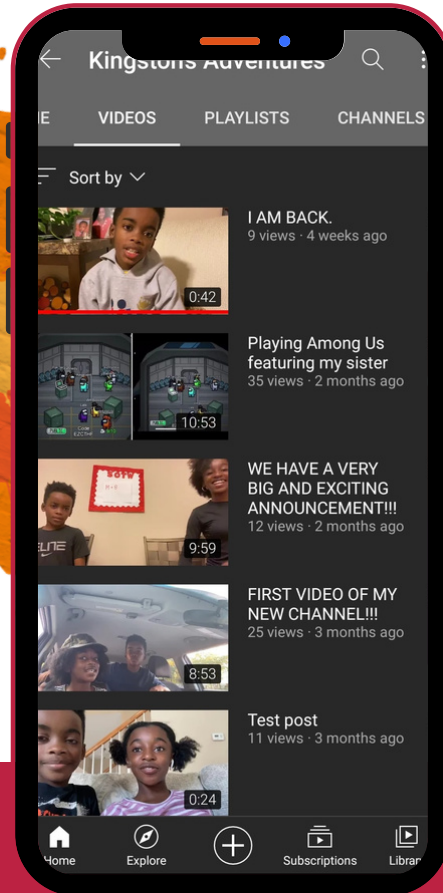
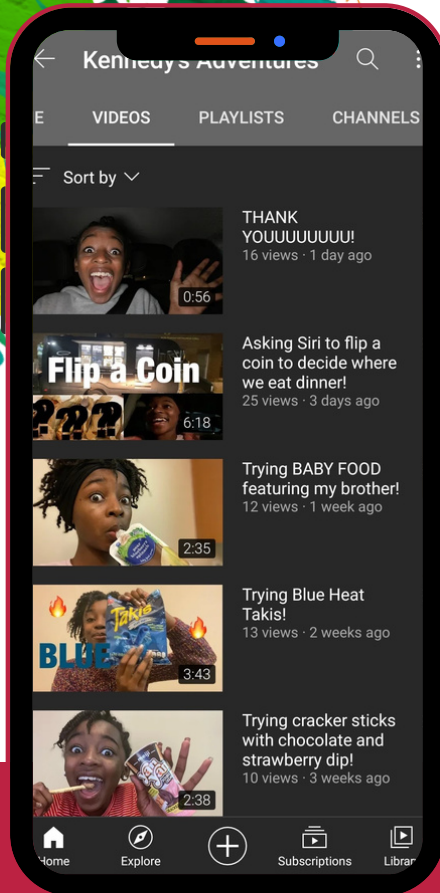
Mind your mental wellness. Take time to practice self-care. Its very important to just breathe.



HOW WE HACK

- Journal
- Try New Adventures
- Take Road Trips
- Plan Our Family Calendar
- Come up with New Dinner Ideas
- Have Picnics
- Family Game Nights
- Community Service Projects
- Exercise
- Zoom with Family

AND MUCH MUCH MORE!



Also join us on  **YouTube**
Lakisha (Mom), Kennedy, & Kingston

