

# Cedric Medar

## *Blog Post Copy Part 2*

Tone: Engaging. Inspiring. Language: American English. Target Audience: Men. Women.

**Green:** SEO Keywords/Phrases. **Blue:** CTA Button Text.

Grey Text: Not part of the copy and not included in word count.

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[Blog Post 1]

## **The Only Way to Deal with Grief**

### **How To Cope When You Lose Someone**

Have you just lost someone that you felt would be in your life forever? Did you need to say goodbye to a loved one after a long fight with an illness? Whether you're on day one or day one-hundred, here are some ways of **cop**ing with **g**rief in a healthy, natural way.

### **What Is Grief?**

There's a beautiful quote that explains that grief is love persevering. It's love that now suddenly has no place to go. Grieving the loss of a loved one – whether it's a child, a parent, or a pet – is a natural part of healing from emotional trauma. However, it can be hard to learn **how to deal with** **g**rief if you've never experienced it before.

### **How To Grieve Naturally**

The overall secret to learning **how to grieve naturally** is approaching your feelings, whether they're anger, sadness or loneliness, with love. Before we dive into some more actionable tips on **cop**ing with **g**rief, understand that the key element to all of these tips is holding the love you felt for those you lost in the forefront of your mind and using it as a way to soothe and console yourself.

## Coping With Grief

### In 5 Steps

Just like there are five stages of grief, there are five tips that I believe are the key to learning **how to deal with grief**. However, remember that no one is the same. No five tips will help every single person on the planet to the same extent – or even at all! If you feel as though you're **coping with grief** in an unhealthy or dangerous way, reach out to a therapist, friend, or medical professional.

#### 1. Accept That Death Is a Part of Life

Death, whether it happens at the end of a long, fulfilling life, or suddenly in an accident, is a part of life. As terrible as that sounds, it's true and an important part of your healing journey. You did not lose a loved one because the world is a cruel and unjust place. It was simply a natural, albeit painful, occurrence that millions of people have gone through around the world. You are not alone!

#### 2. Accept That There Is No Clear-Cut Formula

While it's easy to approach **coping with grief** as a practical, realistic person who wants clear, tangible steps, that's just not possible. There is no one that could ever know how to feel with grief in a universal, one-size-fits-all way. Unfortunately, there is no formula, science, or timeline that you can predict with 100% accuracy – so don't hold yourself to one.

#### 3. Understand That They're Never Truly Gone

One of the most important things I had to understand after losing 5 different people to suicide, one of whom was my dad when I was only 15 years old, was that none of the people I've loved and lost are ever really gone. **Coping with grief**, for me at least, meant holding those feelings of love and care close to my heart to remind myself that the people I've loved live on in my heart even though they might be gone.

As long as you think of the people you love, their memory lives on in you and all the people that loved them. Their advice, jokes, recipes, ideas, and favorite songs will stay with you forever, and while this might seem more like a curse than a blessing in the beginning, it's a reminder of the incredible love and affection you shared once.

#### 4. Don't Let the Fear of Losing Someone Keep You from Loving Them Now

After having lost so many people in such a short time, I realized that nothing is promised. While I've learned [how to grieve naturally](#) and pride myself on being kind to myself on my journey to healing, I am still terrified of losing someone else, like my mom or my other friends.

One of the ways that I combat this is, once again, focusing on love. I need to actively remind myself that while the people I love will die one day, I have time with them right now. We cannot allow the fear of losing our loved ones to keep us from truly experiencing the joy and excitement of going through life with them right now. Instead of being stricken with fear when you have an amazing day and remember it can't last forever, use that fear as a way to remind yourself how important it is to enjoy every precious moment, message and minute with the people and pets you love.

#### 5. Follow Your Own Timeline

Like I've said before, there's no science to how everyone in the world deals with grief. The only way through it is through it. When you wake up in the mornings feeling weighed down with fear, anger, and sadness, don't blame yourself for not being okay. Try not to feel guilty for wanting to heal. Make a conscious effort to celebrate the lives that your late loved ones had lived, and use the time that you now have to do the things that you love and care about. There's no better way to pay respects to someone you've loved and lost than by living your life to the very fullest.

Before you get there though, you'll need to learn [how to deal with grief](#) in a way that's unique, personal, and entirely your own.

Remember to reach out to the people you have to share your feelings, share happy memories, and share the load of [coping with grief](#) for the first or hundredth time. Surround yourself with people who love and support you, no matter what your unique healing journey might look like. Someday, you might need to do the same for them – and you'll be all the better for knowing how to handle it in a natural, healthy, and loving way.

***Want to know more about [how to deal with grief](#) or [how to grieve naturally](#)? Visit Cedric Medar's [YouTube channel](#) now for more.***

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## [Blog Post 2]

# How Meditating Can Help Anxiety

## By Helping You Stay in The Present

There's a little clip in the Kung Fu Panda movie that explains that tomorrow is a mystery, yesterday is history, but today is a gift, which is why we call it the present. There's no better way to summarize mindfulness than this. By staying mindful of your thoughts, feelings, and fears, you can help silence that little voice in your head that can never seem to stop spiraling. How do I know? I did the same thing and here's what I learned about [how to meditate with anxiety](#).

### People Have Some Misconceptions About Meditation

When I started practicing [meditation for anxiety and fear](#), I realized how many false beliefs there were surrounding this ancient practice. Some people thought that meditating is this complicated, difficult, and airy-fairy act that seems to be more cultish than curing.

In my opinion, meditation is none of these things. In fact, it's actually straightforward, can be quick and can be practiced by people of all denominations and faiths – or those who don't believe in a higher power at all! Before you start learning [how to meditate with anxiety](#), make sure you address any false beliefs you might have that could be giving you anxiety before you even begin.

### There's More Than One Type of Meditation

When I started my [meditation for anxiety and fear](#) years ago, I thought there was little more to meditating than sitting still and trying to clear my always-busy mind. I soon learned that there are actually nine different mainstream types of meditation that include:

- ✓ Mindfulness Meditation
- ✓ Spiritual Meditation
- ✓ Focused Meditation
- ✓ Movement Meditation
- ✓ Mantra Meditation
- ✓ Visualization Meditation

- ✓ Loving-Kindness Meditation
- ✓ Progressive Meditation
- ✓ Transcendental Meditation

With so many different types of meditation, it might actually be giving you even more anxiety to try and choose the right [meditation for anxiety and fear](#). Instead of spending hours weighing your different options, choose one and spend five minutes practicing whenever you can. If you feel it helps, continue. If you don't, choose a different type and see if your results change. Don't be afraid to try different solutions. After all, your personality, life, and anxiety are all unique, so why shouldn't your meditation practice be unique too?

## **Mindfulness Doesn't Mean *Mastering* Your Mind**

I found that being aware of my feelings and fears in any given moment helped me calm my nerves and manage my anxiety. I believe that one the key things to remember if you want to learn [how to meditate with anxiety](#) is that you need to focus on right now. Many of us spend almost all of our waking moments either worrying or thinking about the future, or regretting or longing for the past. Mindfulness, I believe, is the best [meditation for anxiety and fear](#) because it encourages you to let go of the fears and regrets, and instead focus on what you're experiencing and thinking right now.

## **Learning [How to Meditate with Anxiety](#) Is Simple**

Everyone is different, which means that my approach might not work for you, but it's definitely worth a try if you're interested in learning more about the [benefits of meditation for anxiety](#). Here's the structure I followed:

1. Sit down in a comfortable, calm space and position.
2. Focus on your breathing or your five senses.
3. Be aware of your thoughts instead of trying to silence them
4. Follow your thoughts and let them move on without attaching
5. Spend five to fifteen minutes and gradually increase your meditation time
6. Do it as often as you'd like!

Like I said, there's no right or wrong way to practice mindfulness. Thankfully, there are hundreds if not thousands of resources available online to help you get started – including my own personal YouTube channel where I talk about meditation, life advice, helpful tips and so much more.

## **There Are Many [Benefits of Meditation for Anxiety](#)**

I realized that meditation and the practice of being so aware of my own emotions helped me become a more patient, communicative, and calm person in and outside of work. While I only practiced mindfulness, there are eight other unique types of meditation that could help you manage your stress levels and anxiety.

Whether its spending time learning more about focused meditation and using it to pinpoint your stress triggers, or repeating a mantra where you assure yourself that you are okay, you are on the right path and you have enough time to achieve what you want – there's a type of meditation for everyone, so don't be afraid to explore. Who knows? You might be able to discover more [benefits of meditation for anxiety](#) than I did!

### **There's No Better Time Than the Present So, Start Meditating Today**

You don't have to start next Monday. You can take a moment right now, where you're reading this, to close your eyes, take a few deep breaths and focus on your state of mind and the space around you. How are you feeling? What sensations are you noticing in this very moment? How do those sensations make you feel?

By keeping a clear, focused, and accepting mindset about your meditation sessions, you'll be able to use them as a way to not only ground yourself in the present moment when you feel yourself spiraling, but you'll also hopefully be able to stop some of the stress that comes from living in the past or worrying about the future!

### **Tell Your Own Story**

Meditation is a special, grounding experience for thousands of people who try it for the very first time all around the world. Have you ever meditated? What was your experience? If you haven't tried it, what's stopping you? Let us know in the comment section below or head to the Cedric Medar YouTube to see what our audience is saying!

*If you want to learn more about **how to meditate with anxiety**, or how the **benefits of meditation for anxiety** could just change your life, then reach today by checking out [my YouTube channel!](#)*

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Total Word Count: 1029

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## Research:

<https://www.youtube.com/watch?v=SHK3oFCUhwE>

[https://www.opentohope.com/the-5-stages-of-grief-and-coping-strategies/?gclid=Cj0KCQiA64GRBhCZARIsAHOLrIK\\_a7MyNrbv5ub09L\\_vFz\\_1Ou2h5uK\\_Bed9rQ1nQo3VJk4SsHG8QmMaAjrnEALw\\_wcB](https://www.opentohope.com/the-5-stages-of-grief-and-coping-strategies/?gclid=Cj0KCQiA64GRBhCZARIsAHOLrIK_a7MyNrbv5ub09L_vFz_1Ou2h5uK_Bed9rQ1nQo3VJk4SsHG8QmMaAjrnEALw_wcB)

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## SEO Keywords/Phrases:

**meditation for anxiety and fear (4)**

**how to meditate with anxiety (5)**

[benefits of meditation for anxiety \(4\)](#)

[coping with grief \(7\)](#)

[how to deal with grief \(4\)](#)

[how to grieve naturally \(4\)](#)