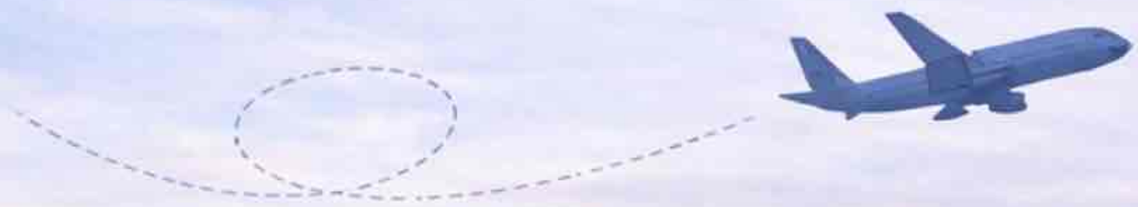
Safe Passage

A Gentle Guide for When You're Starting Over



EMILIE EIDEN

Grief & Trauma-Informed Coach

Welcome to Safe Passage

By Emilie Eiden

If you are here, something in your life has shifted.

Maybe you lost a person.

Maybe you lost a relationship.

Maybe you lost who you thought you were going to be.

Grief is not just about death.

It is about identity. Safety. Belonging.

The future you imagined.

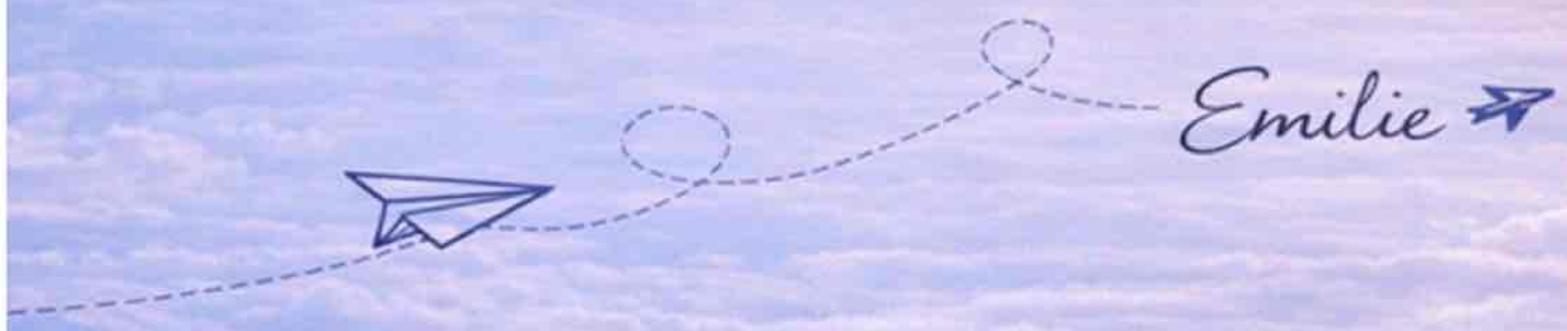
I created Safe Passage because I remember those early, disorienting days—wanting just one thing: to feel safe again.

This is not a program to fix you.

- A compassionate flight plan for the first days of feeling lost
- Gentle guidance to help your body and mind feel steady again
- Small, breathable steps instead of overwhelming change

If you feel foggy, angry, exhausted, numb, anxious, or disconnected—you are not broken. You are grieving.

Take what helps. Leave what doesn't.



About Emilie

Founder of Safe Passage | Grief & Trauma-Informed Coach

I didn't set out to become a grief coach.
I set out to survive my own loss.

After losing my father, navigating a divorce, and later grieving my former husband, I found myself in the same place so many people land after life changes overnight:

Disoriented. Functioning on the outside.
Quietly unraveling on the inside.

As a flight attendant, I've spent over a decade helping people feel safe at 36,000 feet.
But no one teaches you how to feel safe when your life crashes at ground level.



I created Safe Passage because in those early days of grief,
I didn't need motivation.
I didn't need a makeover.
I needed a safe place to land.

Safe Passage is the space I wish I had —

- A compassionate flight plan for the first days of feeling lost.
- A grounded return to safety in your body and identity.
- A gentle way forward when everything feels uncertain.

You don't have to navigate this alone.

— Emilie

What Grief Really Is

Grief is:

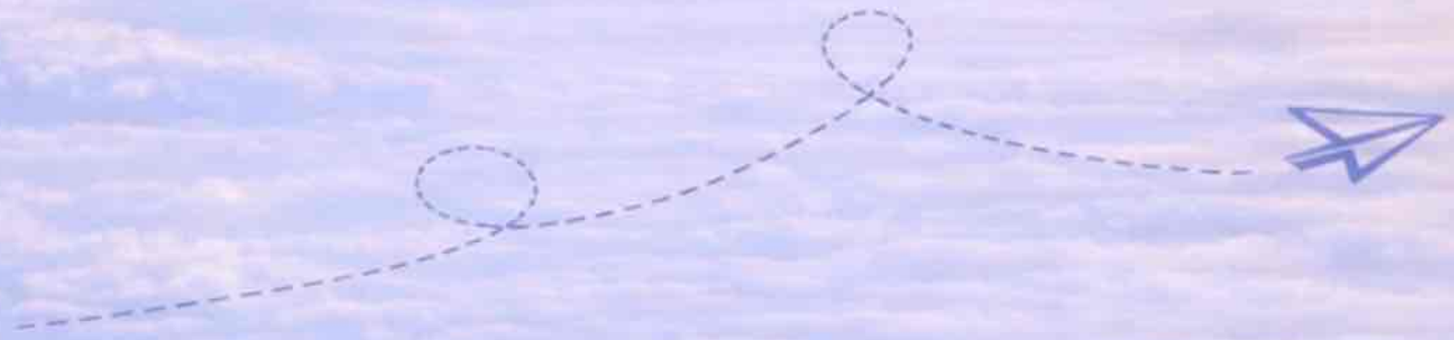
- Loss of a person
- Loss of a marriage or relationship
- Loss of identity
- Loss of a dream
- Loss of safety
- Loss of certainty

If you feel:

- Foggy
- Angry
- Exhausted
- Numb
- Hyper-independent
- Anxious
- Disconnected from your old self

You are not broken.

You are grieving.



FEELING SAFE AGAIN

Before we rebuild, we regulate.

You cannot build a new life from a nervous system that is constantly bracing.

Safety comes first.

THE 4 FOUNDATIONS

Body Safety

Emotional Safety

Identity Safety

Environmental Safety

Gentle Practices to Feel Safe Right Now

Hand on Heart + Slow Breath

- Place a hand on your chest
- Inhale deeply
- Exhale slowly

The 5-4-3-2-1 Reset

- Name 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Create Quiet

- Fewer opinions
- Less input
- More stillness

WHAT HELPED ME DURING MY OWN GRIEF

Everyone's grief is different.

These are practices and supports that helped me navigate divorce, complicated grief, and loss.



Support Systems

- Trauma-informed therapy
- Grief support groups
- Safe friends who could sit without fixing
- Long walks near water



Body Regulation

- Sobriety
- Gentle movement
- Rest without guilt
- Nourishing food even when I didn't feel like eating



Emotional Processing

- Daily journaling
- Writing letters I never sent
- Allowing anger without shame
- Naming the identity that died



Rebuilding Identity

- Creating structure when life felt chaotic
- Developing Safe Passage
- Learning boundaries
- Protecting my energy

Resources That Helped Me

Here are some books, podcasts, and supportive modalities that made a difference for me during my grief and healing journey. *Explore what speaks to your heart.*

Books

The Body Keeps the Score by Bessel van der Kolk
understanding trauma in the nervous system

It's OK That You're Not OK by Megan Devine
grief validation

Untamed by Glennon Doyle
identity reclamation

Codependent No More by Melody Beattie
boundaries + detachment

Podcasts

We Can Do Hard Things by Glennon Doyle

On Purpose by Jay Shetty

The Mel Robbins Podcast

Modalities That Helped

Somatic awareness

Trauma informed therapy

- Nervous system education
- Community spaces with other grievers
- Sobriety support

SAFE PASSAGE

A Coaching Program by Emilie Eiden

COMING SOON

Something beautiful is in the works.

Safe Passage Coaching will offer
support, community, education, and
healing for those navigating the waves
of grief and life transitions.

Join the waitlist to be the first to know:

