

Grief Resources: A Compendium

(Compiled by Tamar Brannigan)

"the hard season will split you through. do not worry. you will bleed water. do not worry. this is grief. your face will fall out and down your skin and there will be scorching. but do not worry. keep speaking the years from their hiding places. keep coughing up smoke from all the deaths you have died. keep the rage tender. because the soft season will come. it will come. loud. ready. gulping. both hands in your chest. up all night. up all of the nights. to drink all damage into love."

— Nayyirah Waheed

"A New Normal: Ten Things I've Learned About Trauma"

- "1. Trauma permanently changes us.
2. Presence is always better than distance.
3. Healing is seasonal, not linear.
4. Surviving trauma takes "firefighters" and "builders." Very few people are both.
5. Grieving is social, and so is healing.
6. Do not offer platitudes or comparisons. Do not, do not, do not.
7. Allow those suffering to tell their own stories.
8. Love shows up in unexpected ways.
9. Whatever doesn't kill you ...
10. ... Doesn't kill you.

— Catherine Woodiwiss, ["A New Normal: Ten Things I've Learned About Trauma"](#)

THE WORST: A Compilation Zine of Grief and Loss

<https://toleratedindividuality.files.wordpress.com/2015/02/the-worst-a-compilation-zine-on-grief-and-loss.pdf>

"Grief is subversive, undermining the quiet agreement to behave and be in control of our emotions. It is an act of protest that declares our refusal to live numb and small. There is something feral about grief, something essentially outside the ordained and sanctioned behaviors of our culture. Because of that, grief is necessary to the vitality of the soul. Contrary to our fears, grief is suffused with life-force....It is not a state of deadness or emotional flatness. Grief is alive, wild, untamed and cannot be domesticated. It resists the demands to remain passive and still. We move in jangled, unsettled and riotous ways when grief takes hold of us. It is truly an emotion that rises from soul."

-Francis Weller

What Counts as a Loss?

- Losing your emotional stability
- Losing your independence
- Losing your job or career
- Losing your freedom
- Losing your cognitive functioning
- Losing the use of your physical body
- Losing a friendship, therapist, or mentor
- Losing a potential romantic partner
- Losing a long-term relationship or marriage
- Losing a loved one to addiction
- Losing a loved one slowly due to illness
- Losing a loved one to death
- Anything that feels like a loss

-Atina Manvelian

The GEN Grief Toolkit

“In my wild visions for this toolkit, and how it may ripple into the world in years to come, I imagine regular grief rituals being incorporated into movements for social change, as well as other networks as a practice of care and interdependence. These grief spaces will enable us to make generative connections between our own lives, our ancestors and the stories of the lands we inhabit or are ancestrally connected to. We will all have space in the community to be with our sorrow and be embraced with tenderness. As a first step towards this vision I hope that activists, change makers, parents, care givers, healers and artists will be brave enough to give grief work a chance”. - Camille Sapara Barton

<https://globalenvironments.org/toolkits/grief-toolkit/>

How to Help A Grieving Friend: The Animated Edition

It's so hard to know what to do when your friends are hurting. The thing is, you can't cheer someone up by telling them to look on the bright side, or by giving them advice. It just doesn't work. Watch this video to learn the one thing that will improve all of your "I'm here for you" intentions, and be that supportive friend you most want to be.

<http://www.refugeingrief.com/2018/07/19/help-a-friend-video/>

Here are some things to remember:

- There is no finish line. This is not a race. Grief has its own lifespan, unique to you.
- There is no time when pain and grief are completed; you grieve because you love and love is part of you. Love changes, but does not end.
- What will happen, what can happen, as you allow your grief, is that you will move differently with pain. It shifts and changes: sometimes heavy, sometimes light.
- Anger will happen. So will fear, peace, joy, guilt, confusion, and a range of other things. You will flash back and forth through many feelings, often several of them at once.
- Sometimes you will be tired of grief. You will turn away. And you'll turn back. And you'll turn away. Grief has a rhythm of its own.
- Grief can be absolutely crazy-making. This does not mean you are crazy.
- There is no way to do grief "wrong." It may be painful, but it is never wrong.

<https://m.huffpost.com/us/entry/4414077>

“Things falling apart is a kind of testing and also a kind of healing. We think that the point is to pass the test or to overcome the problem, but the truth is that things don’t really get solved. They come together and they fall apart. Then they come together again and fall apart again. It’s just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.”

— Pema Chödrön

The Geography Of Sorrow

http://thesunmagazine.org/issues/478/the_geography_of_sorrow

Grief Concept: Continuing Care Bonds

1. Continuing bonds acknowledges that grief is ongoing.
2. Continuing bonds says that it’s normal to stay connected with your loved one.
3. Continuing bonds may describe many of your grief-related behaviors.
4. Continuing bonds says that not only are these behaviors normal, but they *may* help you cope with grief

<https://whatsyourgrief.com/grief-concept-care-continuing-bonds/>

"It's easier to think of grief as something of a redemption arc, starting with pain and ending with the well being you knew before. But mourning exists without narrative; it's not something you can itemise in a eulogy. The river's current will stick with you for longer than you expect, and you'll emerge and re-emerge from the worst parts of it feeling as shocked by the ways you've stayed the same as you are by the way you've changed. Like a newborn in a swimming pool, trying to analyse your progress is only going to make the water feel heavier around you. Your body knows what it's doing."

<https://www.dumbofeather.com/articles/the-river-of-grief-and-how-to-keep-being/>

How to Help a Grieving Child:

Do you want to know how you can help a grieving child in your life?

- The myths of grief
- 10 Things grieving children want you to know
- How children and teens grieve
- How to talk to children about death
- How to talk to children about suicide
- Including children in memorial events
- Help for school professionals
- Recommended reading

<https://www.thewarmplace.org/resources/>

100 Ways I've Grieved

"It's been 6 months. Some ways I've made it through:"

<https://femminary.com/2017/04/05/100-ways-ive-grieved/>

"Grief crowds the heart, eats up all your energy and chronically imposes upon your peace. But grief isn't some evil force that's only there to cause pain, grief is escorting up an even deeper feeling, a truth about your life, what you value and what you need. Perhaps how much you wanted something, how deeply you care about someone, how far you've come from where you were."

<https://www.thriveglobal.com/stories/10668-the-one-thing-no-one-ever-says-about-grieving>

Nearing the end of Life: A Guide for Relatives and Friends of the Dying

Knowing what to expect can lessen any dread of what you may see and experience, and can help you to play a positive and supporting role when someone close to you approaches the end of their life. The questions this Guide will try to answer:

- Why is there so much fear of death?
- What do dying people need?
- What is the best way to support someone – spiritually and emotionally – who is dying?
- What should you do if you need to stop life-extending treatment?
- Should you be there at the end?
- What happens as the person enters their final phase?
- What happens at the moment of death?
- How can you support yourself – before, during and immediately afterwards?

https://www.mcgill.ca/council-on-palliative-care/files/council-on-palliative-care/nearing_end_of_life.pdf

We don't Recover From Grief and That's Okay

“Grief is born when someone significant dies – and as long as that person remains significant – grief will remain.”

<https://whatsyourgrief.com/grief-recovery-is-not-a-thing/>

Grief Strategies Checklist

https://dr1kl8glf25wj.cloudfront.net/merchant_assets/001/423/115/Grief%20Strategies%20Checklist-now-compressed.pdf

Grief and Letting Go:

https://docs.google.com/document/d/1ZLrJ3e-QJ6D1DwBLqx_ysNEvu5sB8ehTU4EMQqUMfw/edit?usp=sharing

Managing Distress: Dealing with Emerging Grief:

<https://docs.google.com/document/d/1ecVWZzvzTLtEp0hJONvbyyfx3zCW0llvydse9HWh98/edit?usp=sharing>

Heart Grief:

https://docs.google.com/document/d/1JwwT9Oalxh-LvnwQKkr_QdEX7KbJL9_3ekODRsdBO9s/edit?usp=sharing

Grief Toolkit: Helpful Phrases

1. May I be honest with myself and others about my experience of suffering and loss.
2. May I find the inner resources to be present with my sorrow.
3. I forgive myself for mistakes made and things left undone.

Phrases for dying person: (p.162)

1. May I accept my anger, fear, and sadness, knowing that my heart is not limited by these feelings.
2. May all those I leave behind be safe and peaceful.
3. May I remember my consciousness is much vaster than this body as I let go of this body.
4. May I be open to the unknown as I leave behind the unknown.
5. May I live and die in ease.

Phrases for caregivers: (p. 100)

1. May my love for others flow boundlessly.
2. May the power of loving-kindness sustain me.
3. May I find the inner resources to truly be able to give.
4. May I remain in peace and let go of expectations.
5. May I offer my care and presence unconditionally, knowing it may be met by gratitude, indifference, anger, or anguish.
6. May I offer love, knowing that I cannot control the course of life, suffering, or death.
7. May I see my limits compassionately, just as I view the suffering of others.
8. May I accept things as they are.

<http://www.greenlightheidi.com/2011/07/affirmations-for-grief/>

Grief Dreams

Forms of Grief Dreams - Before the Loss is Known

1. Dreams that address the feelings of grief before an impending loss (anticipatory grief). This can be with or without the person (who is dying) in the imagery.
2. Dreams of the deceased that occur prior to knowing the person died. These dreams reflect their passing in waking life (which actually occurred). These dreams resemble a comfort theme (the deceased saying goodbye, they are OK, they love you, etc.) that is found after knowing they have died (see below). The only difference is the person has not been notified of their death in waking life yet.

Forms of Grief Dreams - After the Loss is Known

1. Dreams that do not have the deceased present. The dream may be addressing the feelings of the loss (e.g. running by a mountain and it collapses on you).
2. Dreams that do not have the deceased present but they are mentioned (e.g. a character in the dream talks about the deceased).
3. Dreams that have the deceased present (e.g. in human form or in another). There are many different themes that can occur with these dreams (e.g. the deceased can provide comfort or be seen suffering or lifeless).

http://www.griefdreams.ca/learn-more/?fbclid=IwAROGysnpe_XmHN1GwZhxDAUNKmrPPoVCfiIY3dlvQdIT_vvpHufdiSGnu4M

Tool Kit for Survivors of Suicide Loss and Postvention Professionals

<https://www.mentalhealthcommission.ca/English/initiatives/11889/tool-kit-survivors-suicide-loss-and-postvention-professionals>

Grief Support Toolkit

Understanding the grieving process and what you can do to cope

- Helping others through grief, loss, and bereavement
- Tips for supporting grieving teens
- Help children cope with death by developmental age
- Understanding the stages of adult grief

<http://www.thefyi.org/toolkits/grief-support-tool-kit/>

Sesame Street: Grief

“Grief is complex; it encompasses a wide range of emotions that can come and go in waves. Use these tips, videos, children's story, and guide to help your family communicate with one another, express emotions, and begin the process of moving forward. You are not alone. And with time, you and your family will experience new happy moments together.”

<https://www.sesamestreet.org/toolkits/grief>

Coping with Grief, Loss, and Sorrow: A Toolkit

http://www.uq.edu.au/student-services/sites/uq.edu.au.student-services/files/imported/Lifeline_Grief_Toolkit_Feb09.pdf

8 Simple Acts: How to Survive Early Grief

“The first weeks and months after an out-of-order death are a world unto themselves. At that initial time of impact, few things bring comfort. Words of *intended* comfort just grate. Encouragement is not really helpful. That “impact” zone is not the time for future plans or even for reflection on what’s going on. Survival has a very small circumference. It’s not an ordinary time, and ordinary rules do not apply.”

<http://www.refugeingrief.com/2013/11/18/rules-at-impact-how-to-survive-early-grief/>

“When you are sitting with a boundary that you know in your body/mind/heart you need to set, how often do you not set it because you don’t want to feel the inevitable sense of loss that follows the boundary?”

How often do you martyr yourself to feel like you are contributing to positive change or solidarity?

Is your solidarity motivated by shame or is it motivated by craving for genuine connection?

How can you forgive yourself for not being able to heal the pain that you witnessing your community and the world around you?”

<http://littleredtarot.com/im-scared-ill-end-alone-boundaries-grief/>

*"To live in this world
you must be able
to do three things:
to love what is mortal;
to hold it
against your bones knowing
your own life depends on it;
and, when the time comes to let it
go,
to let it go."*

-Mary Oliver (In Blackwater Woods)

http://www.phys.unm.edu/~tw/fas/yits/archive/oliver_inblackwaterwoods.html

Common Grief Reactions

The range of possible grief reactions is very wide. It is normal that any of these reactions can be strong and intense and any mix of them can be experienced simultaneously. Examples of common reactions include:

Emotional Reactions:

• Numb – shocked • Disoriented – bewildered • Sad – sorrowful • Yearning • Fearful – anxious – worried • Tense – on edge • Irritable – angry • Betrayed • Guilty – regretful – self blame • Despairing – hopeless • Powerlessness • Lonely – isolated • Relieved • Agitated – buzzy • Strong – invincible • Ashamed – embarrassed • Low self-esteem – reduced confidence • Empty – not caring • Feeling strange – not like themselves • A sense of observing themselves.

Physical Reactions:

• Exhausted – fatigued • Weak – wanting to sit or lie down - little energy • Aching limbs – tense muscles • Shaking • Adrenaline-filled energy surges – unable to keep still • Tearful – crying – moaning – sobbing • Tight chest – shallow breathing – breathlessness – deep sighs • Shouting – yelling – screaming • Nervous laughter • Heart beating fast • Feeling hot and cold • Headaches – migraines • Stomach aches – nausea – digestion problems • Difficulty in swallowing • Existing conditions triggered • Changed eating patterns • Changed sleeping patterns • Dehydrated • Clumsy – having falls or small accidents • Getting ill more easily • Bedwetting – soiling • Increased sensitivity to sounds and sights • A release of body tension (especially after anticipated loss).

Mental/Cognitive Reactions:

- Slowed thinking or processing • Disbelief – denial • Confusion • Difficulty concentrating • Forgetfulness • Preoccupied by the loss – distracted • Reacting slowly to questions or instructions • Difficulty making decisions, even small ones • Forgetting the loss has happened • Perceiving things differently – changed priorities • Vivid dreams or nightmares • Flashbacks • Difficulty imagining a positive future • Focused on keeping busy, to avoid thinking about it • Extreme positivity – blocking any negative or sad thoughts • Negative thoughts – possibly suicidal thoughts that need immediate assistance.

Spiritual Reactions:

- Questioning – why? • Looking for meaning in events • Feeling closely connected to the deceased • Seeing or sensing their presence • A sense of closeness to, or distance from God • Moving towards or away from faith or cultural beliefs or spiritual community • Strengthened by faith or beliefs, questioning them, or finding new beliefs • Feeling very spiritually alive or spiritually numb • Wanting to pray • Feeling let down or punished by God • Having a need to be forgiven.

Social Reactions:

- Wanting to talk about it – or not • Wanting to be with others more – or less • Withdrawal – wanting to be alone • Needing to know where loved ones are • Instinctively searching/looking out for the deceased person • Being very sensitive to what others are thinking or saying • Impatience with others grieving in a different way • Increased marital or relationship tension or conflict • Wanting physical touch – or avoiding it • Increased or decreased interest in sex

<http://www.midcentraldhb.govt.nz/Publications/AllPublications/Documents/Bereavement%20Support%20Toolkit-2223%20Links.pdf>

“In my healing I am also mourning. Sometimes I am in despair. Mourning and despair are very private matters. It is my acknowledgement that there is suffering. It is my honoring of my discomfort as well as the discomfort of everyone else in the world. One of the blessings of lovingkindness practice is that my heart remains raw, sensitive, and open to pain. As I am mourning, I am remembering my commitment engendered in my bodhisattva vow, not just to achieve enlightenment to free all beings, but to hold space for the pain of beings in my practice as I hold my own. When we begin to confront our trauma, we give permission for others to do the same. This is the work of the contemporary bodhisattva. Ultimately, holding the

space for the pain to be present in our experience and our capacity to do this eventually inform the effectiveness of our healing and will make us the healer.”

Radical Dharma: Talking Race, Love & Liberation

This American Life: Birds & Bees (podcast)

“Some information is so big and so complicated that it seems impossible to talk to kids about. This week, stories about the vague and not-so-vague ways to teach children about race, death and sex - including a story about colleges responding to sexual assault by trying to teach students how to ask for consent. Also, a story about how and when to teach kids about the horrors of slavery and oppression in America.”

-<https://www.thisamericanlife.org/557/birds-bees>

10 Ways to Help a Grieving Child

1. **Take care of you** -- Exercise, eat well-balanced meals, stick to regular routines and reach out to others for support. These activities might be difficult when you are grieving, but taking care of yourself is still important. Grieving children do better when they have a healthy adult providing support and understanding to them.
2. **Be honest with your child** -- Discuss the tragic event with your child in a simple, direct and age appropriate manner. Be honest and share clear, accurate information about what happened. Children need to hear the truth from someone they love.
3. **Listen** -- Listen to your child share his or her story about what happened. Let them ask you questions and answer their questions as best as you can. Do not be afraid to say, “I don’t know.”
4. **Acknowledge your child’s grief** -- recognize that your child is grieving. Be careful not to impose your grief on your child, but allow him or her to grieve in his or her own way. It is normal for children to feel an array of emotions, including sadness, anger, frustration and fear. It is also normal for children to move in and out of grief reactions, at times being very upset or getting angry easily and at other times playing as if nothing has happened. If you are not sure how grief

is impacting your child, spend time with them playing, coloring, drawing or sharing stories.

Quite often children will give you clues to their grief through these activities.

5. **Share** -- Tell your child stories about your own life. Times you were afraid, sad or angry. Tell them how you dealt with these situations and what you learned. Children love to hear stories about the adults in their lives and when those adults were children. Sharing stories helps a child normalize what he or she is experiencing.
6. **Be creative** -- Give your child a creative outlet to express feelings. This can be done through drawing, writing, doing crafts, listening to music, or playing games.
7. **Maintain clear expectations** -- Keep rules and boundaries consistent. Children gain security when they know what is expected from them. Children will often use their pain as an excuse for inappropriate behavior. While you should always acknowledge the grief your child is experiencing, you should also teach them to be accountable for their choices, no matter how they feel.
8. **Reassure your child** -- Remind your child that he or she is loved and that you are there for him or her. Following the death of a person in his or her life, a child's sense of safety can be shaken. Children often fear that you or other people in their life might die. While you cannot promise that you or others will not die, you can let your child know the plan if such an event occurs.
9. **Create rituals and new family traditions** -- Rituals can give your family tangible ways to acknowledge your grief and honor the memory of those who have died. Lighting candles, recognizing special occasions, sharing stories about those who have died or volunteering with a local charity as a family are some of the ways you can incorporate new traditions or rituals.
10. **Be patient** -- You and your child are grieving and the most intense parts of grief often take longer than we might want. Grief also changes us in many ways. So, be patient as you and your child experience your grief. Be patient with your child with repetition. A child often has to come back to the same details and questions. Patiently spend time with your child as they (and you) grow, change and continue to construct their (your) life story.

<https://childrengrieve.org/resources/10-ways-to-help-a-grieving-child>

Dying is Not As Bad As You Think: video

Saying goodbye to loved ones is never easy but we should talk about it. A comforting film on dying...

<https://www.bbc.com/ideas/videos/dying-is-not-as-bad-as-you-think/p062m0xt?playlist=imho>

Speaking with Students About Tragic Events

1. Bring up the topic at a time and place where a discussion can occur. If there are distractions, a shortage of time or if either you or your child are too tired or busy, it is likely the conversation will be interrupted.
2. Begin by listening. Let your child tell you what they believe they know, how they learned it and how they are feeling. Don't rush to correct or reassure. Allow them to finish their thoughts. Open-ended questions are better than specific ones. It is better to ask, "How are you feeling about what happened?" than "Are you scared because of what happened?" You can be a bit more specific if general questions fail.
3. Respond to what your child tells you. Their concerns may be specific or general, concrete or abstract, closely related to the events or related very little. Address what they are concerned about. Don't overload children with information or solutions. Talk to them with ideas they can handle at their age. If you help them with their concerns today they will likely share more in the future.
4. It is normal for people to try to make sense of things when a serious loss occurs. Allow your child to share his or her ideas and speculations. Help them to separate what they know from what they are guessing about.
5. Limit exposure to media coverage as it can become overwhelming.
6. Be aware that new stresses may open old wounds. When a child is confronted with a crisis, losses and upsets from the past may be remembered. The child may or may not wish to talk about these old issues.

7. Talk about specific things you can do to make your child feel secure.br>
8. While tragic events can be extremely upsetting, it can be helpful to remind children that this type of event is very rare.
9. Children deal with stress in many different ways and at different paces. While children may not wish to talk today, they may wish to talk in weeks or days to come. Follow up discussions may be helpful.

<http://www.tdsb.on.ca/About-Us/Professional-Support-Services/Speaking-with-Students-About-Tragic-Events>

Why Grief Is A Series of Contractions and Expansions

“A contraction of grief occurs when our attention and energy are pulled inward, our surroundings made smaller perhaps because, in this particular moment, we feel overwhelmed. Feeling overwhelmed, we contract and tighten emotionally; we conserve our energy and attention, focusing intently on grief—and on self. In a moment of contraction, it feels as if our very survival may be in question. We may feel unsteady, unsafe, unheld; we may feel tenuous, desperate, fearful, and vulnerable. In such moments, we may curl up and hold our breath. In such moments, we feel the call to self-protect. We sense, on some level, that contraction will save us.

Expansion may come with the deep in-and-out breath, in a period of small, even minuscule, growth post-contraction. Allowing contraction to just be, in time we see it naturally ebbs, and the tightness loosens, we grow larger, and we become more willing to venture out and explore, to take risks, to open and unfold. And we find ourselves in a moment of trust, safety, curiosity, willingness, connectedness, belonging—and maybe even hope. In previous moments, the contraction saved us; in this moment the expansion will save us.”

-<https://tricycle.org/trikedaily/grief-series-contractions-expansions>

What I wish my friends had said to me after my mom died

Everyone grieves differently, so it's important to really tune into what your friend needs. If you're completely unsure of where to even begin, here are a couple of ways to start the conversation with a grieving friend:

1. I'm not going to pretend like I know what this must be like for you. But I want you to know I'm here and I'm all ears for anything you want to share. And if you don't feel like sharing right now, I can happily talk your ear off with my own problems. Or my detailed breakdown of the latest episode of *Insecure*.
2. Where are you at today with everything? Anything you feel like talking about specifically?
3. I just wanted to throw out that I'm thinking about you and what you're going through. I know there's nothing I can say that will change how you're feeling today, but if you need a sounding board to talk to or at — I'm here.
4. Do you feel like grabbing dinner?

<https://www.vox.com/first-person/2018/11/20/18104727/friendship-parents-death-grieving>

How Do You Help a Grieving Friend?

<https://m.youtube.com/watch?v=l2zLCCRT-nE>

Three Kinds of Grief Nobody Talks About

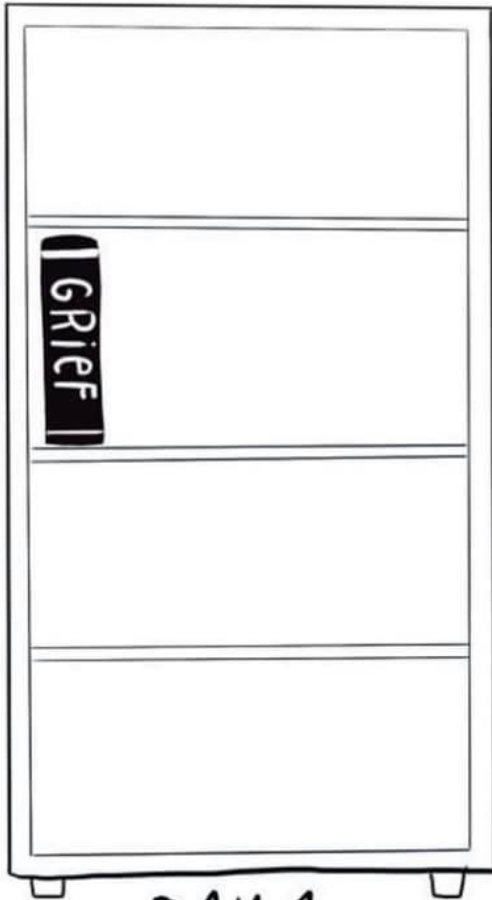
1. The loss of a person we once knew
2. The loss of a person we haven't lost yet
3. The loss of the person we used to be

http://www.oprah.com/inspiration/the-kinds-of-grief-nobody-talks-about?fbclid=IwAR2YNreIM_SCdgpU3fatKUhePlcoXSkGZaac8VpIYBIM0IZodTpMSSrilyM

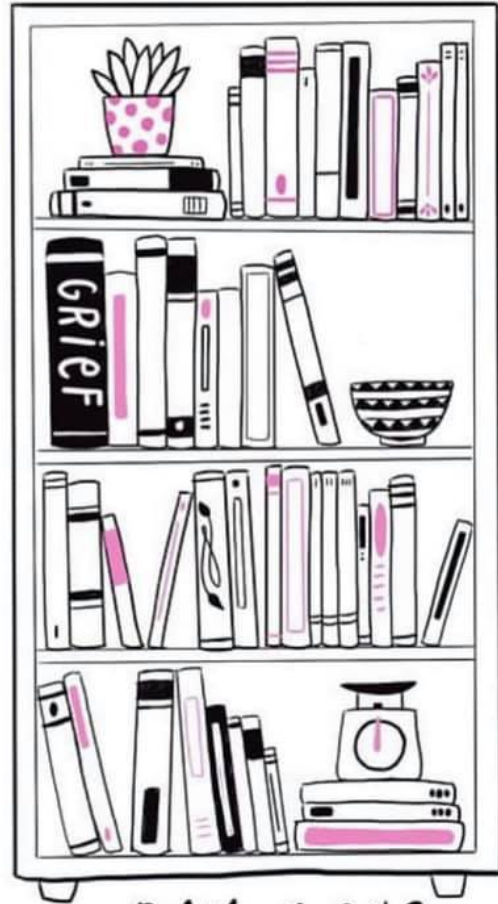
<https://www.bustle.com/p/15-tips-for-coping-with-grief-especially-around-the-holidays-13227535>

THE EVOLUTION OF GRIEF

cherie altea



DAY 1

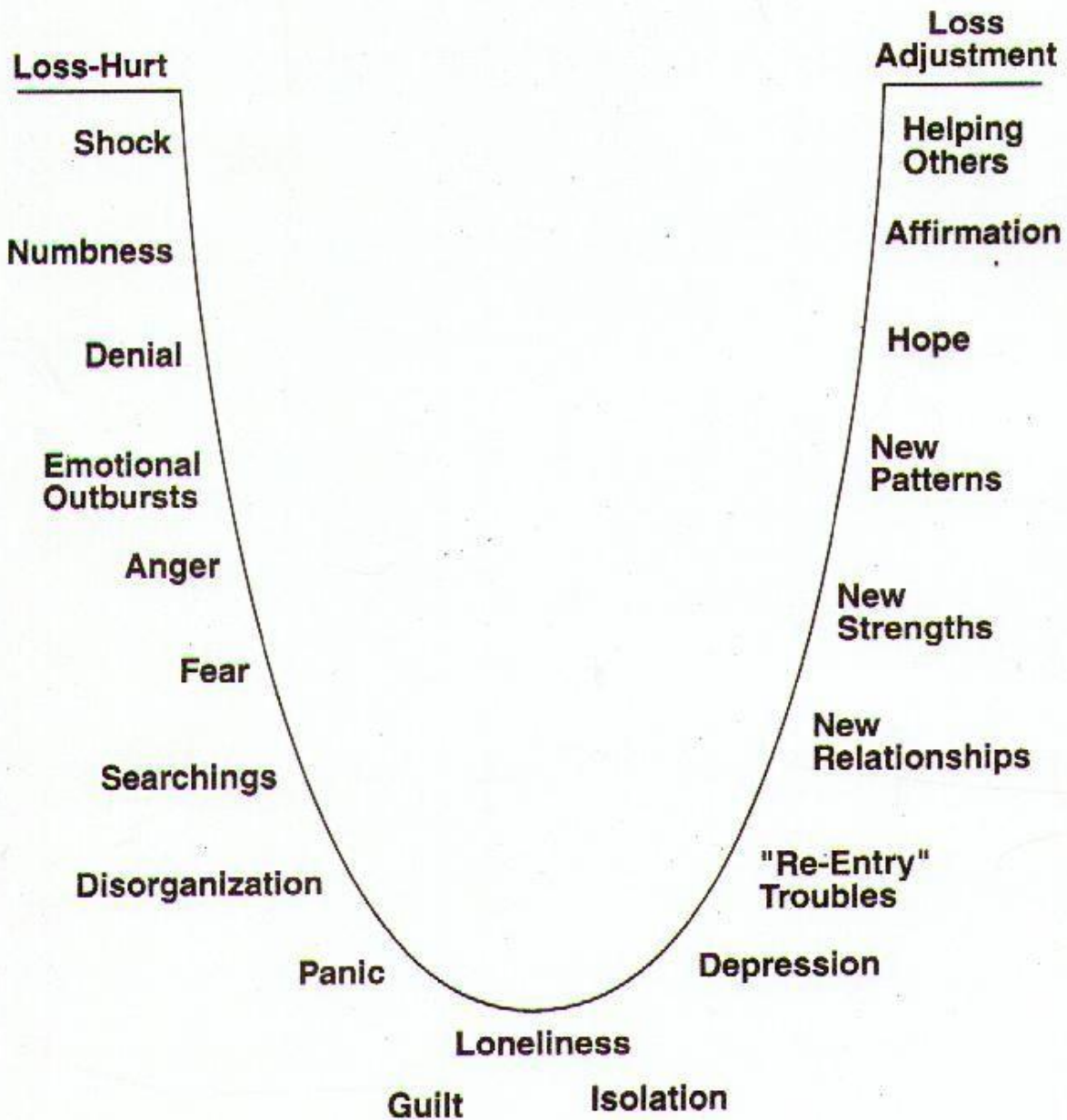


DAY 1.843

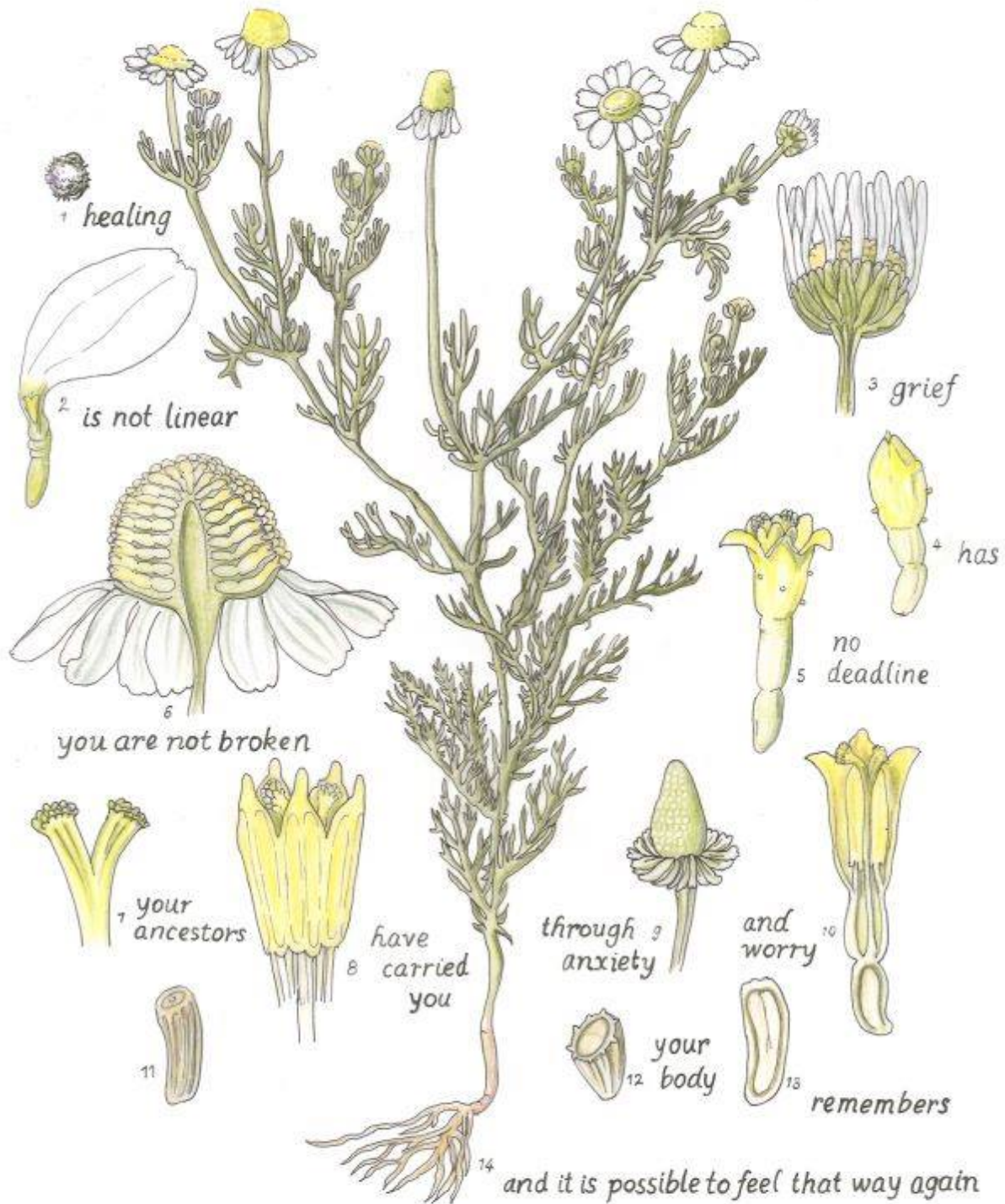
Grief

I had my own notion of grief.
I thought it was a sad time
That followed the death of someone you love.
And you had to push through it
To get to the other side.
But I'm learning there is no other side.
There is no pushing through.
But rather,
There is absorption.
Adjustment.
Acceptance.
And grief is not something that you complete.
But rather you endure.
Grief is not a task to finish,
And move on,
But an element of yourself –
An alteration of your being.
A new way of seeing,
A new definition of self.

STAGES OF GRIEF



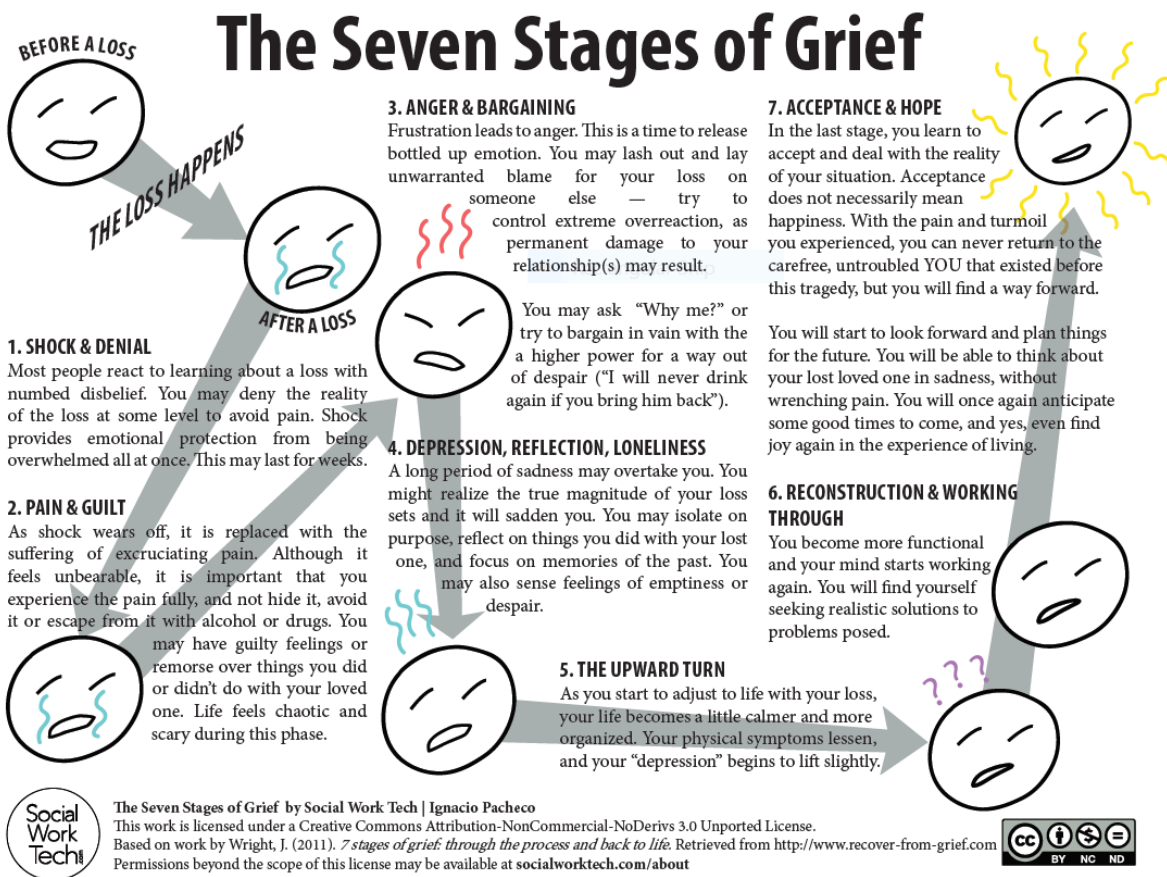
Reminders



Healing Together Network Gathering, Allied Media Conference

Detroit, MI, 2013

words by Fabian Romero art by TextoQueen



CARE & FEEDING of YOUR GRIEVING PERSON

@refugeingrief

LEAVE THEM CARE PACKAGES



BE SPECIFIC ABOUT HOW YOU CAN HELP



ASK QUESTIONS



REMEMBER BIG DATES

SET A CALENDAR REMINDER FOR BIRTHDAYS, ANNIVERSARIES, HOLIDAYS AND SEND A TEXT OR NOTE.



PARALLEL PLAY

YOU DON'T HAVE TO TALK TO SPEND TIME TOGETHER. YOUR PRESENCE MATTERS.



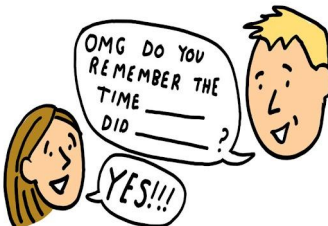
ACKNOWLEDGE THE LITTLE DATES

AN ORDINARY SATURDAY CAN SUCK TOO.



SAY THEIR NAME

SHARE A MEMORY, SAY THEIR PERSON'S NAME.



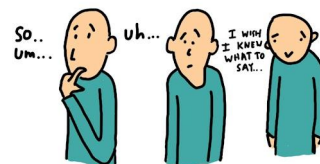
LET THEM BE SAD

SADNESS IS HEALTHY.



BE AWKWARD

IT'S OK IF YOU DON'T KNOW WHAT TO SAY OR DO. YOUR FRIEND NEEDS YOU! DON'T LET FEELING AWKWARD STOP YOU.



YOU DON'T NEED TO BE PERFECT, JUST PRESENT.



Physical self-care often takes a backseat during grief.

Tending the organism
-- the physical body --
is one of the few tangible ways
you can really change
your experience of grief.

Finding small ways to care for your physical body
can reduce your suffering,
even if it doesn't change your pain.

Remember that caring for your physical body
is an act of kindness
(and you deserve kindness).
Do what you can, as you can.



~Megan Devine
It's OK That You're Not OK
refugeingrief.com

Holiday Grief B I N G O

cried in public upon hearing a holiday song 	 felt bitter looking at happy-family holiday photo cards	felt guilty for feeling bitter looking at happy-family holiday photo cards	ducked out of a holiday party early without saying goodbye 	streamed all media in Dec. to avoid holiday movies & commercials.
explained "no, I shouldn't be over it by now"	turned down every holiday invitation you received 	 regretted turning down every holiday invitation you received	accepted a holiday invitation, blocked it out completely, and forgot to attend.	bought holiday cards and never mailed them 
 planned to make your loved one's holiday recipe, but never did.	 put up a Christmas tree but never decorated it	Free Space	tried to avoid grief triggers by doing all holiday shopping online.	made your loved one's favorite holiday recipe, burned it, had a meltdown. 
overcompensated for a miserable year by trying to create the 'perfect' holiday	argued with a relative over how to continue, change, or let go of a holiday tradition.	 explained, "the first holiday wasn't the worst, it was a blur".	 cried watching a holiday commercial	cried in public when you saw a gift your loved one would have loved.
hung a memorial ornament or other memorial decoration 	visited whatsyourgrief.com for some holiday grief support	 vowed to spend next holiday on a tropical island.	repeated the mantra "I just have to get through it for the kids"	wished there was a way to sleep until January 

www.whatsyourgrief.com

7

PRACTICAL TIPS FOR COPING WITH ANTICIPATORY GRIEF

1.

ACCEPT THAT ANTICIPATORY GRIEF IS REAL

Know that anticipatory grief is real. It's completely normal to experience anticipatory grief when a loved one is terminally ill.

2.

ACKNOWLEDGE YOUR LOSS

Give yourself permission to grieve for the future that you will not have with your loved one, for the loss of your hopes and dreams. No emotion is "wrong."

3.

DON'T FEEL GUILTY ABOUT ANTICIPATORY GRIEF

Grieving while your loved one is still alive doesn't mean you've given up on them. Accepting that they will eventually pass away doesn't mean you don't care.

4.

PLAN TO SPEND MEANINGFUL TIME TOGETHER

Try and plan time with your loved one that is meaningful to you both. Talk about special times you had together, things that you are sorry about, and about how much he or she will be missed.

5.

TAKE CARE OF YOURSELF

It's normal to want to put all your time & energy toward caring for your loved one, but it's important to take time to care for yourself so that you have the emotional & physical strength to care for others.

6.

ASK FOR SUPPORT

Talk to friends & family, a professional therapist, or join a support group. Ask friends & family for practical support (ex. sitting with your loved one while you take a break, pick up groceries etc.)

7.

UNDERSTAND THAT RELIEF IS NORMAL

When your loved one passes away, you may feel a sense of relief that his or her suffering over. This does not mean you didn't love them, it's a normal reaction after a stressful & overwhelming time.



love lives on.com

4 GRIEF DEFINITIONS

Derived from the work of Elisabeth Kübler-Ross & David Kessler that highlights that grief is ultimately a process.

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• 1. Grief is a Highly Individual, Non-Linear Process •

Our grief is as individual as our lives. The five stages — denial, anger, bargaining, depression, and acceptance — are part of a framework that makes up our learning to live without the one we lost.

They're tools to help us frame & identify what we're feeling. They are not stops on some linear timeline in grief. Not everyone goes through all of them or goes in a prescribed order."



• 2. Grief is a Healing Process •

"There is wonder in the power of grief. Grief transforms the broken, wounded soul a soul that no longer wants to get up in the morning, a soul that can find no reason for living, a soul that has suffered an unbelievable loss. Grief alone has the power to heal."

• 3. Grief Can Be An Isolating Process •

"Healing grief is often an overwhelming and lonely experience. We don't really have a framework to help us recover, we don't think we have the tools to overcome the feelings that devastate us, and our friends don't know what to say or how to help.

As a result, during the days following a loss we wonder if we can survive."

• 4. Grief Can Be a Transformative Process •

"In our worst we have the power to find some thread of hope. In grief, just like in death, there is a transformation for the living.

If you do not take the time to grieve, you cannot find a future in which loss is remembered and honoured without pain."



GROWING AROUND GRIEF

HERE IS A NEW WAY OF THINKING ABOUT GRIEF AND RECOVERY:



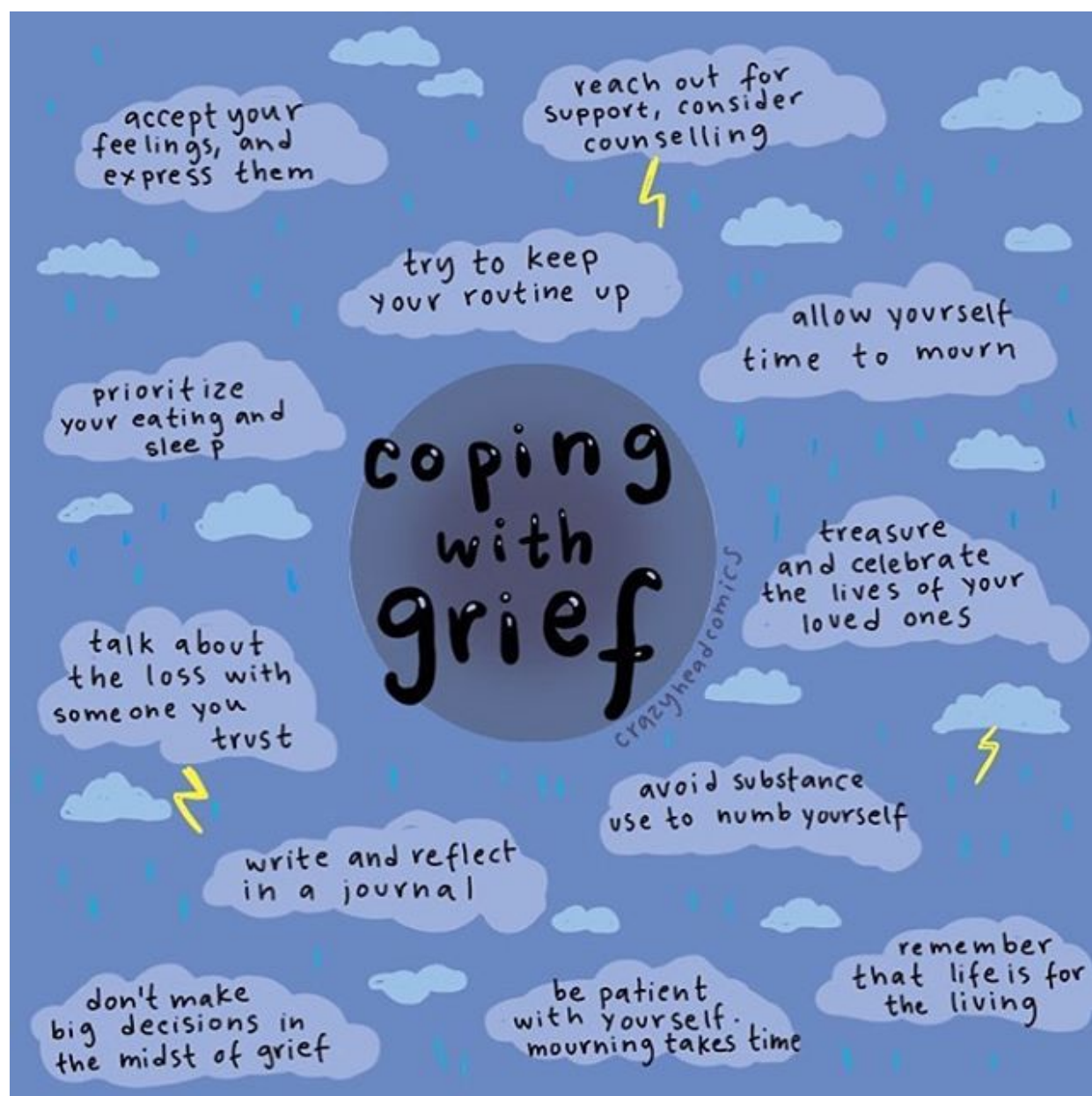
THIS CIRCLE REPRESENTS A LIFE THAT IS TOTALLY CONSUMED BY GRIEF.



ONE SHOULD ACCEPT THAT THE GRIEF WILL NEVER ENTIRELY DISAPPEAR, BUT OVER TIME IT WILL BECOME A SMALLER, MORE MANAGEABLE PART OF LIFE.



EVEN THOUGH THE GRIEF IS STILL THERE, A NEW LIFE EXPANDS AROUND IT; ONE IS ABLE TO GROW AROUND GRIEF.



Dying Person's Bill of Rights

- I have the right to be treated as a living human until I die.
- I have the right to maintain a sense of hopefulness, however changing its focus may be.
- I have the right to be cared for by those who can maintain a sense of hopefulness, however changing this may be.
- I have the right to express my feelings and emotions about my approaching death in my own way.
- I have the right to participate in decisions concerning my care.
- I have the right to expect continuing medical and nursing attention even though "cure" goals must be changed to "comfort" goals.
- I have the right to not die alone.
- I have the right to be free of pain.
- I have the right to have my questions answered honestly.
- I have the right to retain my individuality and not be judged for my decisions, which may be contrary to the belief of others.
- I have the right to expect that the sanctity of the human body will be respected after death.
- I have the right to be cared for by caring, sensitive, knowledgeable people who will attempt to understand my needs and will be able to gain some satisfaction in helping me face my death.

**Created at a workshop, "The Terminally Ill Patient and the Helping Person," in Lansing Michigan sponsored by the South Western Michigan Inservice Education Council and conducted by Amelia Barbus (1975), Associate Professor of Nursing, Wayne State University*

Grief webinars and workshops:

- <https://andreawarnick.com/resources/>
- <https://www.beingherehuman.com/events>

Grief Podcasts:

- Terrible, Thanks for Asking: <https://www.ttfa.org/>
- Grief Out Loud: <https://player.fm/series/1165166>
- The Good Mourning Podcast: <https://www.goodmourning.com.au/>
- Grief Stories: <https://www.griefstories.org/our-stories/podcast/>

Grief Instagrams:

- [Grief Dreams](#)
- [Grief Kid](#)
- [Writing Grief](#)
- [Grief and Grits](#)