



Grief Intro Resources and Concepts

For live links, go to GriefPacket.com

We wish to extend our condolences to you on the death of your loved one. We hope this information will be helpful for you and your family throughout the many transitions that lie ahead. Please know that there's no wrong way to grieve. Every loss, every person, and every day is different. Many great resources and support groups exist that can help immensely through your grief journey, so don't give up if you find some aren't right for you. Our thoughts are with you.



Grief Reactions

Be patient. Grief reactions tend to soften over time, but everyone's timeline is different. The intensity can also fluctuate over many months or years, especially around triggers such as holidays and anniversaries. Reactions may include: Anger, Shock & Denial, Numbness, Confusion, Sadness, Guilt, Relief, Hopelessness, Anxiety, Fear, PTSD.

Avoid making major life changes for the first 6 months if possible.

Normal Physical Symptoms associated with grief include: change in appetite, low energy level or fatigue, brain fog, irritability, mood swings, stomach upset, headaches, sleep disturbance.



Ways to Cope

- Express your feelings (talking, journaling, support groups)
- Forgive yourself. If guilt arises, talk to yourself as you would a close friend.
- Look after your own health. Eat/drink well and exercise/walk
- Arts & Crafts: Find therapeutic projects to ease your mind or to honor your loved one
- Photography projects: Collages, memorabilia, slideshows, videos

Accepting Support: Don't feel you are burdening others. People don't know what to do or say, and welcome the opportunity to feel helpful. But be honest about your needs, even if you need some space.

Warning: Be careful when driving or performing other potentially dangerous tasks. Strive to find ways to manage your grief outbreaks (e.g., with [Soft Belly Breathing](#) or [Expressive Meditation](#)). Dedicating times to grieve can also help reduce their frequency and severity.



Therapeutic Support

Support groups There are many grief support groups across the world, virtual and in-person: some for specific loss.

Grief Counselors / Therapists: There are sites to help find the right one for your needs like psychologytoday.com.



Self-Help

Books / Websites / Podcasts: Helpful in finding ways to cope and honor loved ones that work for you. Also great for reminders that you're not alone, even when you're not wanting or able to be with others.



Funeral Planning

There will be many decisions that the funeral director or family/friends can help with, but it can also be good to consult websites such as JoinCake.com for everything from song suggestions to help with expenses.



Practical Considerations

Though it may feel like your world has ended, the world around you keeps spinning.

- Practical, legal, and financial checklist
- Returning to work
- Challenges specific to type of loss

"Sometimes it's okay that the only thing you did today was breathe." — Yumi Sakugawa

Suicidal Thoughts? USA: 18002738255 or text HOME to 741741

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Books

- **It's OK That You're Not OK** (Megan Devine, refugeingrief.com): a book for grieving people, those who love them, and all those seeking to love themselves—and each other—better.
- **Bearing the Unbearable** (Joanne Cacciatore): Love, Loss, and the Heartbreaking Path of Grief
- **Your Grief, Your Way** (Shelby Forsythia, shelbyforsythia.com): Daily messages about grief with practical tips. “Bite-sized nuggets since grief reduces the ability to concentrate.”
- **How to go on Living when someone you love dies** (Therese A. Rando, thereserando.com): chosen ‘all-time “Best book about dealing with grief after a death” by New York Magazine
- **I wasn't ready to say goodbye: surviving, coping and healing after the sudden death of a loved one** (Brook Noel and Pamela Blair): best-selling classic on sudden death.
- **The other side of sadness: what the new science of bereavement tells us about life after loss** (George A. Bonanno) scientific analysis of cases revealing the resilience of the bereaved and normalizing the persistence of emotional ties.

Websites

- **Grief.com**: serves Family, Friends and Professionals with Videos, Books, Workshops & Speaking Engagements
- **Centerforloss.com**: Grief information pages from grief expert Dr. Alan Wolfelt
- **Compassionatefriends.org**: support for families after a child dies and listing of local chapters
- **Whatsyourgrief.com**: Library of resources, online courses, blog posts
- **Opentohope.com**: articles, blogs, podcasts, TV show from Dr.Gloria Horsley and Dr. Heidi Horsley
- **Speakinggrief.org**: television documentary and media-rich website designed to start a national conversation about grief
- **Fullcirclegc.org**: comprehensive resource center for children, adults and families; blogs and list of podcasts
- **Aarp.org/home-family/caregiving/grief-and-loss/** Grief resources for seniors from AARP

Support Groups

- **GriefShare**: grief recovery support group where you can find help and healing for the hurt of losing a loved one. (includes some aspects of religion, but is open to all)
- **Griefnet.org**: online support groups for adults and children
- **Elunanetwork.org/national-bereavement-resource-guide/resources/** Listing of support groups by state, but may not include all resources in your state

...Many More Great Resources Exist...

- Search for the right resources for you and reach out to others in support groups to see what was helpful for them.
- Contact local hospice, funeral homes or faith communities for suggestions
- Check out GriefPacket.com for a more comprehensive list of resources.