



## **Grief Resources**

### **Books**

- A Grief Observed by C.S. Lewis
- Hope for the Hurting by Tony Evans
- Anxiety: The Missing Stage of Grief by Claire Bidwell Smith
- The Beauty of What Remains by Steve Leder
- On Life After Death by Elisabeth Kubler-Ross
- I Can't Stop Crying: Grief and Recovery, A Compassionate Guide by Frank Ferris and John Martin
- Making Sense Out of Suffering by Peter Kreeft
- Tear Soup: A Recipe for Healing After Loss by Chuck DeKlyen and Pat Schwiebert

### **Online Education and Awareness**

- What's Your Grief - <https://whatsyourgrief.com/>
- Atlas of Emotion - <http://atlasofemotions.org/>

### **Coping Skills**

- Actively seeking and accepting support from others.
- Acknowledging you are in the grieving process.
- Expressing your feelings out loud or in a journal.
- Learning to recognize emotional triggers.
- Getting involved in activities you usually enjoy.
- Be kind and patient with yourself about your process.
- Setting goals, even if they are small and immediate.
- Calling a friend/group member to talk or sit with you.
- For anger: scream in pillow, Smash Nashville, dump silverware drawer.

### **Self-Care**

- Exercising.
- Practicing relaxation techniques.
- Journaling.
- Going to the doctor for a check-up.
- Reconnecting with family and friends.
- Starting a new hobby.

- Pursuing your academic or professional goals.
- Starting therapy.

### **Stages of Trauma Response**

- Impact
  - Feeling: Shock and Numbness; Task: Yearning and Searching
- Recoil
  - Feeling: Despair and Disorganization; Task: Experience the Pain (Scope) of Loss
- Accommodation
  - Feeling: Reorganization and Recovery; Task: Adjust to New Environment and Reinvest in New Reality