

The Journey of Grief

Grief is a journey. Your grief journey will be very personal and unique to you. To safely navigate the journey it helps to have the right tools. Your resources will be various steps in your life that you find are comforting to you and move you forward in your journey. The following can be a part of your tool box:

Friends or family- with whom you feel free to talk about your loved one

Physical health- good sleep, rest, exercise, proper diet

Social time- that is comforting and not draining

Record memories- scrap books, photo albums, quilts, boxes of keepsakes

Journaling- write down your thoughts, feelings, experiences, memories

Memorialize your loved one- a gift to a charity, a tree planted, a bench erected in a park, an item donated to a children's home or other charity

Opportunities to talk about your loved one- to share funny stories and happy memories

Spiritual health- find what ministers to your spirit – nature, a hobby, an act of service, music, art, hiking, reading, writing poetry, stories, prayers, meditation or scripture. What comforts you?

Stress management- Reduce stress where you can at work and home, make personal boundaries between you and stressors in your life.

Positive Environment- positive media, positive people, perhaps reduce time you watch the news or intense shows and movies. Avoid friends or social media that are negative. Replace negative input with that which is funny, inspiring, and comforting.

Recreation- It can be hard to be motivated to move your body when you are tired from grief. However, walking, bike rides, running, sports, and outdoors activities are often beneficial. Start slow and in short time frames and build up to what is comforting for you.



For additional support contact the
Hospice of the Golden Isles Bereavement Office
Phone: (912)267-5462 or email:
Bereavement@Hospice.me
More resources are available at www.Hospice.me

Resources for Coping with Grief

Adults:

- **Grief Survivor** by Beth Marshall is a useful tool and easy step by step help for coping.
www.GriefSurvivor.com
- **The Wilderness of Grief: Finding Your Way** by Alan D. Wolfelt, Ph.D
- **Healing Your Grieving Heart** by Alan Wolfelt, Ph.D (Dr. Wolfelt has books for spouses, parents, siblings, children) www.centerforloss.com
- **I Lost My Husband Not My Mind** by Kathy Sheppard (good for later in the grief process)
- **Angel Catcher: A Journal of Loss and Remembrance** by Kathy Eldon and Amy Eldon Turteltaub
- **The Art of Losing: Poems of Grief and Healing** by Kevin Young
- **Getting Back to Life When Grief Won't Heal** by Phyliss Kominsky
- **A Grief Observed** by C.S. Lewis
- **Lost My Partner-What'll I Do** by Laurie J. Spector, MSW and Ruth Spector Webster, MSW
- **Understanding Grief: Helping Yourself Heal** by Alan D. Wolfelt, Ph.D. (A Guide and Workbook)
- **The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents** by Alexander Levy
- **Beyond Tears: Living After Losing a Child** by Ellen Mitchell
- **Markings on the Windowsill: A Book About Grief That's Really About Hope** by Ronald J Greer

Children and Grief:

- **Angel Catcher for Kids: A Journal to Help You Remember the Person You Love Who Died** by Amy Eldon
- **How I Feel: A Coloring Book for Grieving Children** by Alan D Wolfelt, Ph.D
- **Water Bugs and Dragonflies: Explaining Death to Young Children**
- **I Miss You: A First Look at Death** by Pat Thomas

Teens and College Students:

- **Healing Your Grieving Heart for Teens: 100 Practical Ideas** by Alan D. Wolfelt, Ph.D
- **Healing a Teen's Grieving Heart: For Families, Friends and Caregivers** (of Teens) by Alan d. Wolfelt, Ph.D
- **Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love** by Earl A. Grollman
- **We Get It: Voices of Grieving College Students and Young Adults** by Heather L. Servaty-Seib and David C. Fajgenbaum

Websites:

www.centerforloss.com
www.compassionatefriends.org
www.webhealing.com
www.bereavedparentsoftheusa.org
www.pbs/parents/whenfamiliesgrieve/resource.html