

Working through
Grief



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See inside now!



You might find it helpful to keep important names and phone numbers handy.

Family and friends

Name _____

Phone number _____

Name _____

Phone number _____

Name _____

Phone number _____

Grief counselor or therapist

Name _____

Phone number _____

Religious leader

Name _____

Phone number _____

Health-care provider

Name _____

Phone number _____

Support group

Phone number _____

Meeting time(s) _____

Meeting location(s) _____

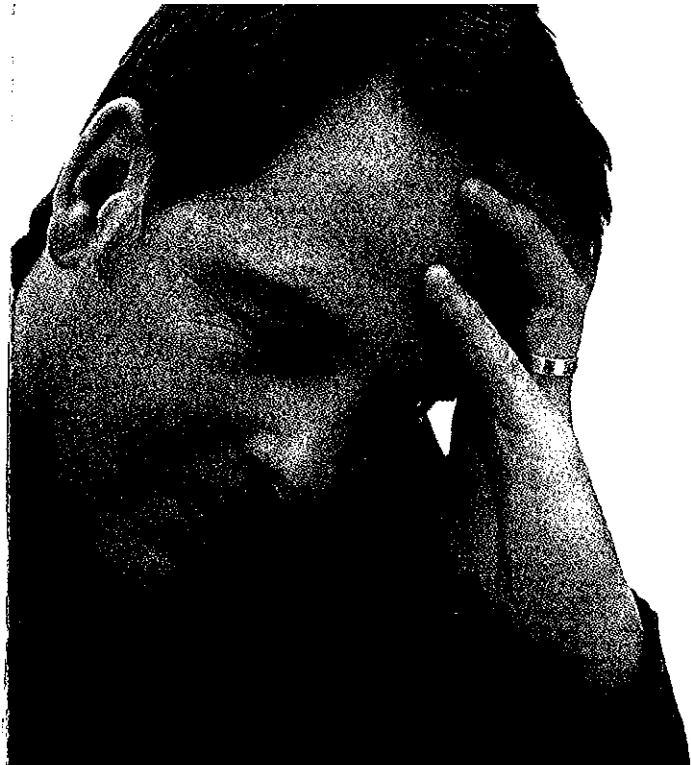
Crisis hotline

Name _____

Phone number _____

Other important phone numbers

Contents



If you've recently lost a loved one or experienced another loss,

this handbook is for you. It will help you understand grief and give you ideas for working through it.

Share this guide with those who can support you through your grief,

so they may better understand the grieving process. The information on helping others cope with loss (pages 29-30) may be especially useful for them.

Please read:

Talk to your health-care provider! This handbook is not a substitute for the advice of a qualified health-care provider.

The photos in this handbook are of models. The models have no relation to the issues presented.

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What is grief?

It's a natural and normal reaction to loss. You need to go through grief to heal.

Grief can follow many kinds of loss.

The death of a loved one may cause the most intense grief. But grief can also follow other losses, such as:

- a miscarriage
- a divorce or separation
- learning you have a disability or serious illness
- the death of a pet.

These losses can bring reactions much like those that follow the death of a loved one. You can use many of the coping strategies in this handbook if you're dealing with these kinds of loss, too.

Grief can bring a wide range of emotions.

These can range from deep sadness to anger. Some of these feelings may be new or frightening to you. Accepting that these are normal reactions is the first step on your road to healing.

You can find ways to deal with your pain.

There are many healthy ways to cope with grief. You can find ways that work for you. Know that there's plenty of help whenever you need it, too.



Everyone grieves differently.

How you grieve may depend on many factors. These include:

The circumstances of the loss

Every loss is hard. But grief may be especially intense, complex or lengthy if you lost someone very close to you, or if the cause of death is unknown or unusual. For example, grief may be especially hard when the loss is:

- the death of a child, parent, spouse or life partner
- a sudden or violent death
- a death due to suicide.

(See page 26 for more about the loss of a child, a sudden or violent death, and suicide.)

Personal factors

- **Gender**—Males and females may have been taught different ways to handle stress and emotions. So they may acknowledge and express their grief in different ways.
- **Age and life experiences**—These can affect your understanding of death and your sense of self when you experience a loss.
- **Culture and faith**—These may influence your beliefs about death and your responses, such as your choice of rituals for honoring someone who has died.
- **Personality**—Different personality traits (such as being outgoing, shy, expressive or thoughtful) often lead to different ways of coping with loss.



Some myths and facts about grief

It's important to learn about these myths—they can get in the way of your healing.

Myth: The pain of loss will go away faster if you ignore it.

Fact: Trying to ignore your pain or keep it from surfacing will not make it go away. Instead, facing your grief and dealing with it actively can help bring about true healing.

Myth: It's important to "be strong" in the face of loss.

Fact: Feeling sad, frightened or lonely—or having other similar emotions—is a normal reaction to loss. Crying or breaking down doesn't mean you're weak. You don't need to "protect" your family or others by putting on a brave front. Showing your true feelings helps them and you.

Myth: If you don't cry, it means you aren't sorry about the loss.

Fact: Crying is a normal response to sorrow, but it's not the only one. Those who don't cry may feel the pain of loss just as deeply as others. They may simply have other ways of showing or coping with it. They need just as much support and comfort from others.

Myth: Grief should last about a year.

Fact: There is no right time frame for grieving. How long it takes to recover from loss can differ widely from person to person.



Myth: Moving on with your life means you're forgetting the one you lost.

Fact: Moving on means you've accepted your loved one's death. That's not the same as forgetting. You can adjust to a new life while always keeping your loved one's memory a part of you.

Myth: When a death is expected, all grieving is done in advance.

Fact: People often do start grieving ahead of an expected death—for example, a terminal illness. But as prepared as a person may feel, the actual death can still cause intense reactions.

Myth: Friends can help the mourner by not bringing up the subject of his or her loss.

Fact: People who are grieving usually want and need to talk about their loss—often over and over. Bringing up the topic can give a mourner an opening for talking. But if he or she doesn't seem to want to talk, don't pry or force conversation.

Myth: A good way to express sympathy is to say "I know how you feel."

Fact: Everyone feels grief in a different way. It's probably not possible for anyone to know exactly what another person is going through after a loss. Saying "I know how you feel" can make a mourner feel like you're making light of his or her pain. (See page 29 for tips on supporting someone in grief.)

Think about your beliefs.

What are some of your beliefs about coping with loss? What "rules" for handling stress or strong emotions did you grow up with? It may help to write them here.

Consider sharing what you wrote with others (such as a friend who has experienced a loss, a grief counselor or members of a support group). You can talk about whether these beliefs might help or hurt your healing process.

Common reactions to loss



It's important to be aware of your feelings.

You may find it helps to check off the reactions you had or are having. You can write down any others in the space provided.

Not everyone experiences all of these reactions.

Some people have reactions not listed here. And often, reactions that have come and gone return later in the grieving process.

Shock and disbelief

This is a typical first reaction after learning of a loss. It's nature's way of protecting you from the impact of the loss for a while. You may:

- have trouble believing your loved one is gone
- feel numb or like you're on "automatic pilot"
- keep expecting your loved one to show up, even though your rational mind knows he or she won't
- have a sense of being in a dream.

Anger or resentment

This is common, even if there is no one to blame for the death. You may:

- feel like a great injustice has been done
- be angry at doctors, relatives and others
- be angry at your god
- resent your loved one for dying and leaving you alone.

Guilt

It's normal to regret things you did or didn't say, do or feel. Some people may regret or feel guilty for:

- not doing something (or not doing more) to prevent the death
- not being there to say goodbye
- being relieved that the person died (for example, in the case of death after a long illness)
- having arguments with their loved one while he or she was alive.

Fear or anxiety

A loved one's death can cause you to feel worried, panicky or helpless. You may:

- feel unable to handle new responsibilities
- worry that you're losing your mind
- have fears about your own death
- be afraid to face life without your loved one.

Deep sadness

Sadness may be a constant presence or hit you all of a sudden. It's common to feel:

- lonely
- like there's a hole in the center of your life
- a deep yearning
- like you're reliving all the other sadnesses you've had in your life.

Physical problems

Grief can cause a variety of physical symptoms, including:

- weight loss or weight gain
- extreme tiredness
- trouble sleeping
- nausea
- being more prone to colds and other illnesses.

See your health-care provider for help with any problems. Let him or her know you're going through grief.

Hope and personal growth

In time, the future begins to look hopeful, even though you may still ache for your loved one now and then. Working through your grief may have given you new strengths and insights. You may:

- feel that you have more empathy for others
- have new confidence in yourself
- want to explore new interests and relationships.

Other reactions you had or are having:



Be alert for depression.

Deep sadness and feeling depressed for a while are normal after a loss. But lasting depression is a cause for concern.

Some warning signs are listed below.

Check any that you've had for 2 months or more—or that you're worried about:

- feeling empty, hopeless, helpless or worthless
- being preoccupied with feelings of guilt
- loss of interest in pleasurable activities
- no interest in eating
- trouble sleeping
- trouble remembering, concentrating or making decisions
- withdrawing from friends and family
- hallucinations (other than thinking you hear the voice of your loved one or see his or her image briefly).

If you have any thoughts of suicide, call 9-1-1 right away.

Or call:

- the National Suicide Prevention Lifeline
1-800-273-TALK
(1-800-273-8255)
TTY: 1-800-799-4TTY
(1-800-799-4889)
- a crisis hotline near you. Check your phone book under "Suicide Prevention," "Mental Health," "Social Services" or "Human Services." Write the crisis hotline number on page 2.

If you checked 1 or more items, get help from a health-care provider. Depression is a medical condition that needs treatment.



Let yourself grieve

in a way that feels natural for you. It's OK to take a longer or shorter time than others to work through your pain. And it's OK to grieve more or less intensely than others.



Allow any feelings and thoughts to come forth.

There's no right or wrong way to feel or think about your loss. Don't be pressured by others' ideas of how you "should" or "have to" be.

Try to express your feelings and thoughts.

For example, you can do this by talking, crying, writing or doing physical activity.

Reach out to people you trust.

This is the time to lean on friends and other supportive people. Look for people who accept your feelings and thoughts, no matter what they are. Often, people want to help but don't know how. Try simply telling them what you need.

Make a list of people with whom you can comfortably share feelings and thoughts:

Acknowledging your reactions and giving them an outlet are important to your healing process.

Rituals can help.

Symbolic acts done in your loved one's memory are a way to honor him or her. They also help you develop a healthy acceptance of your loss.



Think about your loved one's wishes.

Check to see if he or she planned for the kind of funeral or other memorial service he or she wanted by:

- prepaying for arrangements with a funeral home or other organization
- preparing other written instructions.

Consider placing an obituary.

This is a death notice in the newspaper. You may want to include:

- your loved one's key life achievements
- the date, time and location of funeral or other memorial services
- suggestions for organizations to which donations can be made in your loved one's memory.

A funeral director may be able to help.

Remember the benefits of funerals and other rites.

For example, they can:

- help you accept the death and start acknowledging your feelings
- get you to recall memories about your loved one—an important part of healing
- bring mourners together to support each other
- help give you a feeling of order and peace.

Try to choose rituals that have meaning for you and your loved one.

For example, consider your beliefs when deciding whether the funeral and other rituals should be religious.

Take an active part if you feel up to it.

Taking an active role in funerals, memorial ceremonies and related rites can give you a greater sense of comfort and control. For example, you can:

- help plan the funeral or other ceremony
- say a few words about your loved one or read a poem or prayer
- choose or perform some music for the ceremony
- make a display of photos, favorite belongings or other things that were meaningful to your loved one.

Let children take part in rituals, if appropriate. (See page 30 for more on children and grief.)

Consider other rituals.

These can be things you do alone or with others. They can be common rituals or unique acts you create yourself. For example, you may find it comforting to:

- Light a candle.
- Visit the final resting place.
- Plant a tree or bush in a place that was special to you and your loved one.
- Have a gathering of your loved one's closest family and friends.

List other rituals, ceremonies or symbolic acts that you think would be comforting:

Find out about all funeral expenses ahead of time.

Choose a licensed, reputable funeral director. Federal law (the Funeral Rule) requires a funeral director to give you itemized prices on goods and services—even over the phone. If you're able to, compare costs between a few funeral homes. Ask about all costs involved. For example, discuss options and costs for:

- embalming and other care of the body
- the casket (or urn, in the case of cremation)
- the grave liner or vault
- use of motor vehicles in the funeral procession
- the burial or cremation.

If your loved one was in the military, also contact the Department of Veterans Affairs. He or she may qualify for burial benefits.

To get a copy of *Funerals: A Consumer Guide* from the Federal Trade Commission, visit www.pueblo.gsa.gov or call 1-888-8PUEBLO (1-888-878-3256).

Other steps that can help you heal



Put any regrets into perspective.

You may find yourself thinking "If only I..." or "I should have..." Ask yourself whether it was realistic or possible for you to do those things. Think about the good things you did for your loved one, and accept that you did the best you could.

Keep memories alive.

You can:

- Make a scrapbook of photos and other mementos of the life you shared with your loved one.
- Keep some things that belonged to him or her.
- Imagine talking with your loved one from time to time.
- Recall good times you had with him or her.
- Share memories with friends and family.

Think about continuing a project your loved one started.

For example, consider completing something your loved one was building, continuing his or her volunteer work, even carrying on his or her business, if appropriate. This can help put to rest any feelings of things left "unfinished."

What do you regret, if anything?

What were some things you did for your loved one that were especially helpful or important?

Look to your faith.

You may find comfort in religious ceremonies, prayer, meditation or activities at your place of worship. Seek guidance from a religious leader if your loss is making you question your faith or if you feel you need a break from worship or other faith activities.

Try to put off major decisions.

Wait a while before making major changes such as moving, remarrying or changing jobs. You need time to adjust before knowing whether these changes will be good for you.

Consider joining a support group when you're ready.

In a support group, people who are grieving help each other by sharing their experiences. To find a support group, check your phone book or ask for referrals from:

- local hospices and funeral homes
- religious leaders
- your relatives and friends.

When you find a group, write its meeting time, location and contact phone number on page 2.

Think about helping others.

You can give your time or money to a cause or charity that would be meaningful to your loved one. This may be:

- a hospital or hospice program
- a children's organization
- an organization that works to prevent a disease or educate people about it
- an organization dedicated to something that was important to your loved one.

Allow yourself to move on.

In time, you may find yourself ready for new interests and relationships. (Remember, moving on with your life does not mean you're forgetting your loved one.)

What are other ways you might want to help others?

Write down interests that you would like to explore, like hobbies, skills and friendships:

It's OK to take time for yourself—to laugh or do something you enjoy.



Try keeping a journal.

This is a safe way to let out your feelings and thoughts. It can also be a way to say goodbye to your loved one. You might feel sad when you write. But you may also gain insight and a sense of relief.

Anyone can keep a journal.

You don't need special skills, tools or lots of time.

- You don't need to be a writer.
- Any notebook will do.
- You can write for just a few minutes between tasks if you're busy.

Try tape-recording your thoughts and feelings if you'd rather not write.

Spelling and grammar don't matter.

Journal writing doesn't need to be proper or sound nice. The goal is simply to get down on paper whatever is in your heart and on your mind.

Your journal is for you only.

Journal writing is a way you can express thoughts that you aren't comfortable saying aloud or that you want to keep private for any reason. You can share your journal with others if you'd like. But you don't have to.

The next few pages show some ways to get started.

You can write about special memories.

Try to include details about what you did, the place, the time of year and how you felt. Looking at photos and mementos can help you recall details.



I remember when _____

Continue in your own journal if you want to write more.

Take care of your health.

Grief can put a lot of stress on your body. You need to take extra care during this time to keep yourself healthy. You may not feel like you have the energy. But even small steps can make a difference. Here are some tips:

Eat a healthy, balanced diet.

- Choose a variety of fruits, vegetables and grains (at least half should be whole grains).
- Limit fats, cholesterol, salt (sodium) and added sugars (in food and beverages).
- Make lean, low-fat or fat-free choices when possible—for example, with meat and milk.
- Balance what you eat with how much physical activity you get.

Get regular physical activity.

- Adults should get at least 30 minutes of moderate physical activity on 5 or more days—or 20 minutes of vigorous physical activity on 3 or more days—each week. (Talk to a health-care provider before starting an exercise program.)
- Make plans to have friends join you for walks, favorite sports or other types of physical activity. This can help you stick to exercising.

Get enough sleep.

- Do something relaxing before bed—for example, take a bath, listen to music or read.
- Avoid alcohol, tobacco and caffeine. These can keep you from getting restful sleep.
- Try to go to bed and get up at the same time every day.

Ask your health-care provider for more advice if sleep problems continue.

Manage stress.

- Let family members and friends know how they can help with practical matters related to the death. (See page 28.)
- Try to lighten your schedule while you're grieving. Consider reducing your work hours for a while. Or try to take some time off, if necessary.
- Set aside quiet time for yourself.
- Learn relaxation techniques, such as deep breathing, picturing peaceful scenes and meditation. (Talk to your health-care provider to learn more.)

Don't rely on alcohol or other drugs to cope with your pain. They will only make things worse.

Keep track of your health.

To see how well you're taking care of yourself, keep a health diary.
(Photocopy this page so you can keep track for longer than a week.)

Date	What did you eat?	What exercise did you get?	How was your sleep?	How did you feel?

Be sure to see a health-care provider regularly—and whenever you have any concerns. Consider finding someone knowledgeable about the grieving process.

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Holidays and other times can be especially hard.

But with some planning, you can make these times less upsetting and give them new meaning.

Different people may find different times hard.

For many people, especially hard times include:

- holidays
- birthdays
- anniversaries of their loss
- wedding anniversaries
- changes in season.

It's normal to feel grief reactions again at these times.

It does not mean you're not healing from your loss.

Talking it over with family and others can help.

Tell them how you feel about the upcoming time and what would make it less upsetting. Find out their feelings. Try to observe the event in a way that meets everyone's needs and wishes as much as possible.



Stray from tradition if it would help.

Nothing says you have to observe events the way you always have. For example:

- Eat out or change the menu if you don't feel like making a traditional meal.
- Go somewhere else if your usual place of celebration will be upsetting.
- Invite new people (especially supportive people) to join you for the observance.

Remember, you can always return to your traditions later.

Do something special to remember your loved one.

You may want to:

- Make or buy a decoration in memory of your loved one.
- Ask that a service, reading or song be dedicated to him or her at your place of worship.
- Take a trip to a place that was special to you and your loved one.
- Help others. For example, spend the day volunteering for a community project.

Which holiday or other special time is coming up?

What traditions or expectations surrounding this time might be stressful?

What can you do to make it less stressful?

What can you do to remember your loved one?



Know about complicated grief.*

People who have extreme trouble working through grief may have “complicated grief.”

In complicated grief:

- a person's reactions to a death harm his or her ability to work, get along with others or do other things
- that harm goes on for months.

The reactions can include:

- an inability to believe or accept the death
- excessive anger about the death
- feeling numb or detached
- feeling that life has no meaning
- a lost sense of security
- searching for, intense yearning for, or intrusive thoughts about the person who died
- taking on the behaviors or symptoms of the person who died.

People with “normal” grief may also experience these reactions. But the reactions don't tend to interfere with life as much or as long.

Complicated grief can go on for years

and lead to other problems, including:

- problems at work or with relationships
- alcohol and other drug problems
- physical or mental health problems
- increased risk of suicide.

*It may also be called traumatic grief or other names.

Complicated grief can be similar to depression

and post-traumatic stress disorder. But it may require different treatments.

Talk to a qualified physical or mental health-care provider:

- if your grief is making it hard to function—especially months after your loss
- if you have any questions about your healing process.

See page 27 for information about getting professional help.

Are you at risk?

People who may be more likely to develop complicated grief include those who:

- have a history of depression or other mental health problems
- have other major losses or stresses in their lives
- were very dependent on or close to the person they lost (as in the case of a child's death, for example)
- lost someone suddenly or violently.

Check any of the factors that apply to you. If you can check any, be extra alert for signs of complicated grief. Be sure to seek help if needed.

Questions for your health-care provider:

When the death was violent or sudden, or involved a child



Your grief may be more painful and lengthy if:

- the death was sudden or violent (such as death resulting from a suicide, homicide or car crash)
- you lost a child.

Strongly consider getting help from a grief counselor who specializes in your kind of loss.

Very strong reactions are normal.

These include:

- blaming yourself—or thinking that others blame you—for the death (especially in the case of suicide)
- imagining vivid pictures of your loved one's last moments alive
- in the case of homicide, wanting to make the killer suffer (it's OK to have these thoughts, but not OK to carry them out)
- asking over and over why the death had to happen
- anger at how law enforcement, the courts or the media are handling the case.

These are common, natural reactions. If you have trouble working through them, a grief counselor can help.

There are ways to cope with your pain.

The general strategies this handbook gives for coping with grief can help in your situation as well. In addition:

- Remember that you're not to blame. Suicide, homicide and other sudden deaths can happen in any family.
- Concentrate on your healing instead of how others might judge you, your family or your loved one.
- Talk about your anger with someone you trust.
- Learn about any criminal investigations. Be as involved in them as you feel you can be.
- Talk with family and friends about the good times in your loved one's life.



Getting professional help is smart.

It's not a sign of weakness. It's a sign that you're taking responsibility for your recovery.

Know when to get help.

Get help if:

- you want to make sure your grief responses are “normal”
- your grief feels like it's too much to bear
- your grief is causing problems at work, in a relationship or in other areas of your life
- there's a question, an idea or a feeling that you can't work through
- you have had any signs of depression for 2 months or more (see page 10)
- you think you may have complicated grief (see pages 24-25)
- you have physical symptoms—for example, aches, stomach problems or sleep problems
- you use—or feel an urge to use—alcohol or other drugs to cope with your pain
- you engage in other risky behavior to cope with your grief
- you have any thoughts of suicide. (Call 9-1-1 or a crisis hotline right away. See page 10.)

Many sources of help are available.

You can contact:

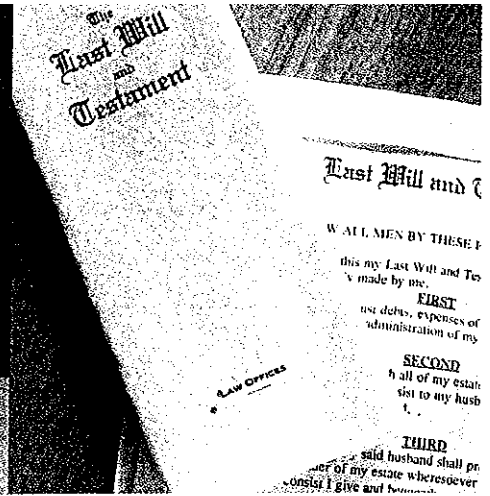
- a grief counselor
- other mental health professionals
- your health-care provider
- your employee assistance program (EAP)
- a religious leader.

Contact the organizations on page 30 to find these sources. You can also ask your funeral director, your support group, a local hospital or a local clinic for referrals.



A checklist of practical matters

There may be many legal and other practical matters to deal with. Ask family members to help.



Start by getting 5-10 official copies of the death certificate.

Check with your funeral director or town or county clerk's office. You may also need other documents (your loved one's, yours and any children's) to take care of legal, financial and related matters. They may include marriage and birth certificates, Social Security numbers and any military discharge papers.

Then, check off each task below as you complete it.

Ask a lawyer, an accountant or a financial advisor if there are other things you need to do. Be sure to keep copies of forms and other documents for your records.

Legal matters

- Notify your loved one's lawyer of the death. (If he or she did not have a lawyer, you may want to hire one.)
- Locate the will and any trusts. For example, check file cabinets and bank safe-deposit boxes.
- Contact the probate clerk's office in your loved one's town. Get instructions for filing various papers. (Probate is the legal process of distributing a person's assets after death.)

Financial matters

- Contact your loved one's credit card companies and other creditors.
- Close or change the names on your loved one's bank accounts and safe-deposit boxes after all bills are paid.
- Contact the Social Security Administration. Ask about possible death and survivors' benefits. Do the same with the Department of Veterans Affairs if your loved one was in the military.
- Check with your loved one's employer for any owed salary, pension benefits, 401(k) plans, insurance policies or any other benefits. Do the same with previous employers and any professional organizations.
- Contact the Internal Revenue Service or a tax accountant. Find out what tax returns you need to file on your loved one's income and estate.

Insurance matters

- Contact insurance companies. This includes life, health, mortgage, auto and credit card insurance. File all claims.
- If needed, cancel policies, change the names on them or change the names of beneficiaries.



Helping someone else who is grieving

If someone you know has recently experienced a loss, you can do a lot to help.

Call or send a card.

Attend the funeral or visit the person if possible and appropriate. These small acts can mean a lot to someone who is grieving. Be there for the person in the months after the funeral, too.

The anniversary of the loss can be especially hard for a mourner. Be sure to call, send a card or flowers, or do something else supportive around that date.

Be a good listener.

Encourage the person to share feelings and thoughts. Simple expressions of care often help. For example, you might say "I'm so sorry," "How do you feel?" or "That must be very difficult for you."

If you don't know what to say, it's OK to sit with the person and say nothing. This is better than changing the subject or giving easy answers, such as "Don't take it so hard" or "You'll feel better if you get out more."

Offer practical help.

You might offer to:

- Help notify people of the death.
- Cook, shop for food, do chores or run errands.
- Help care for children.
- Help clean out the home of the person who died or sort through his or her belongings.

When offering to help, be specific. Say when you're available and suggest something you can do—for example, shop for groceries or baby-sit.

If you don't know what to do, try asking the person how you can help.



Children and grief

Like adults, children need to work through their grief. Your love and comfort can help a child through this difficult time. Here are some tips. Ask a grief counselor or children's mental health specialist for more advice.



Tell the truth.

- Say that the person died. Use terms the child can understand. To a young child, you might say "She was very sick and her body stopped working."
- Avoid saying things such as "She's asleep and won't ever wake up." This can make the child fear sleeping.
- Children often ask why someone died. It's OK to say you don't know why. But assure the child that he or she did not cause the death—for example, by being "bad." Children may think that they were somehow responsible.
- Children may ask the same questions again and again. Be patient.

Help the child to feel safe and express feelings.

- Assure the child that he or she will continue to be loved and cared for. Keep regular routines as much as possible.
- Express your own emotions. This tells the child that it's OK to let feelings show.
- Read stories with the child about loss. Look at photos of the loved one together. These can get the child talking. Or ask the child to draw how he or she feels.
- Be patient if the child suddenly acts younger than his or her age.

Let the child take part in rituals, if appropriate.

For example:

- Ask if he or she would like to attend the funeral (explain what will take place ahead of time).
- Put together a scrapbook, donate an item in memory of the loved one or create other mourning rituals.

More help is available.

To learn more about grief, contact:

- Mental Health America
1-800-969-6MHA
(1-800-969-6642)
TTY: 1-800-433-5959
www.mentalhealthamerica.net
- American Association of Pastoral Counselors
1-703-385-6967
www.aapc.org
- National Hospice and Palliative Care Organization
1-800-658-8898
www.nhpco.org

And remember, funeral homes, local hospices, religious leaders and friends may be good sources of information about support groups.





A personal plan

Now that you've gone through this handbook, you probably have some idea of which coping strategies might work for you. Write down the things you feel may be most helpful to you now. You may want to make copies of this page before you write. From time to time, you can list new coping strategies to try as your needs change.

Take good care of your mind and body as you continue your journey toward healing.