

# Grief Resources

Provided by the EMPACT-SPC Crisis Counseling Program (CCP), a Resilient Arizona Provider

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Thanks for being a part of the EMPACT-SPC's Crisis Counseling Program (CCP). Below are several resources to help you along your mindfulness journey.

## Stages of Grief (#1-5 by Kübler-Ross and #6 by David Kessler)

1. **Denial/shock:** "This can't be happening. I don't believe it."
2. **Anger:** "Why is this happening? What did I do to deserve this?"
3. **Bargaining:** "I would change this. God, if you do this, I will do this."
4. **Depression:** "How can I continue on after loss?"
5. **Acceptance:** "Somehow, its going to be okay."
6. **Finding meaning:** Beyond all the previous stages, this one can transform grief into a more peaceful and hopeful experience.

\*The stages are not linear, but rather messy

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Your loss is not a test, a lesson, something to handle, a gift, or a blessing. Loss is simply what happens to you in life. Meaning is what you make happen.

— David Kessler

## Self-Care Activities

- Take a warm bath or refreshing shower
- Write a song dedicated to your loved one
- Ask a family member to help you.
- Take a social media break to minimize triggers around special events.
- To cheer yourself up watch a funny video
- Take a nap
- Process your feeling in a journal or letter form.
- Walk with a friend.
- Go to an exercise class to release sadness and stress.
- Schedule a day spa.
- Staycation with a friend.
- Night out at the movies.
- Coffee shop with friends.
- Get your nails done.
- Get a haircut.
- Schedule a massage.
- Read a book at a local coffee shop.
- Spiritually, meditate on what seems to set you free.
- Breathe deeply and meditate while visualizing yourself inhaling love and exhaling fear.

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## Surviving Grief Tips

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- Acknowledge, don't avoid or ignore your grief
- Connect with others who are going through a similar situation
- Journal your thoughts
- Do something you enjoy (reading, listening to music, singing, dancing, etc.)
- Walk through your pain, not around it
- Focus on one day and if that's too much then focus on getting through the next hour
- Mindfulness
- Lean into your Faith
- Reach out to new supports
- Set the timer to allow yourself to grieve. Schedule in your grief
- Prepare a phrase or two
- Take time away
- Say No - Give yourself permission for things to be different.
- Buy a gift or pay it forward to honor your loved one or life transition, loss
- Connect and show kindness
- Do something creative
- Clean, organize, cook, etc.
- Be present with family
- Do something creative
- Prepare for restful sleep
- List things you're grateful for
- Remember the joys in your life
- Reach out to your support system
- Don't be afraid to seek professional help
- Find Meaning

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## Apps

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- Grief Support Network
- Good Grief - Chat and Messaging
- Grieving.com

## Books to Read

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*Below are a few possibilities, but you will find more in searching the internet and connecting with others.*

- **David Kessler:** Author of 5 books and trained grief specialist. Two of the books he coauthored with Elisabeth Kubler Ross, including *On Grief and Grieving* updated her 5 stages for grief. His first work was “The Needs of The Dying” and most recent book, “Finding Meaning: The sixth stage of grief”.
  - [www.grief.com](http://www.grief.com)
- **Elisabeth Kübler-Ross:** She was the founder of the five stages of grief, otherwise known as the "Kübler-Ross model". She was a Swiss-American psychiatrist and Author of Internationally best-selling book “On Death and Dying” (1969). Updated in 2009, “On Death and Dying: What the dying have to teach doctors, nurses, clergy and their own families”.
  - <https://www.ekrfoundation.org/>
- **Megan Devine: A Psychotherapist and Author** From the loss of a partner, this book was birthed: “It’s Ok that You’re Not OK”. It contains practical tips in managing stress, reducing anxiety and getting better sleep along with why grief is ok and takes longer that culture expects.
  - <https://refugeingrief.com/>

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## Grief Support (Local in Central Arizona and Online)

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- **Banner Health** (4-week adult online grief support groups in 2022)
  - Choose which group (10:00am or 6:00pm) you would like to attend for all 4 weeks.
  - Register by contacting Brent Thomas, [Brent.Thomas@bannerhealth.com](mailto:Brent.Thomas@bannerhealth.com), 602-679-7991.
  - These are closed groups after the first meeting. If you cannot attend the first week, let us know and we will add you to the next series.
  - **January/February:** 1/20, 1/27, 2/3, 2/10
  - **March:** 3/3, 3/10, 3/17, 3/24
  - **April/May:** 4/14, 4/21, 4/28, 5/5
  - **May/June:** 5/26, 6/2, 6/9, 6/16
  - **July:** 7/7, 7/14, 7/21, 7/21
  - **August/September:** 8/18, 8/25, 9/1, 9/8
  - **September/October:** 9/29, 10/6, 10/13, 10/20
  - **November/December:** 11/10, 11/17, 12/1, 12/8
  - <https://www.bannerhealth.com/services/hospice/resources/grief-bereavement/grief-recovery-program>
- **Franciscan Renewal Center** (In-person grief support group in Paradise Valley)
  - <https://www.thecasa.org/tscm>
  - Email: [counseling@thecasa.org](mailto:counseling@thecasa.org). | Phone: 480.948.7460, ext. 133
- **Grief.com** (online support)
- **Griefshare.org** (online and in-person grief support, drop in 13 sessions, offered 2-3 per year)
- **Hospice of the Valley** (online grief support for adults, children, and families)
  - Family grief support for children who lost a parent or parents who have lost children
  - Support in Spanish and English
  - <https://hov.org/our-care/grief-support/>
  - New Song Center for Grieving Children: <https://hov.org/our-care/grief-support/new-song-center-for-grieving-children/new-song-connections/>
  - Family-friendly resources to help you cope with uncertain times. The guided relaxation videos are appropriate for children.
- **Survivors of Suicide (SOS)**
  - Grief support groups for adults (in person and online) who have lost a friend or family member to suicide
  - <https://empactsos.org/>
  - 480-784-1514, extension 1108



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## Support for Kids & Teenagers - Camp

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- **Camp Kesem** is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent's cancer. Camp Kesem provides week-long summer camp experiences, free of charge, along with year-round programs, at over 100 locations in 40 states, for children ages 6 to 18 who have been impacted by a parent's cancer.
- **Camp Erin** runs weekend camps around the country designed for children and teens, ages 6-17, who are grieving the loss of someone close to them.
- **Circle Camps** provides free week-long overnight camp programs for girls who have experienced the death of a parent. Camps take place in West Virginia, New Hampshire and Maine.
- **Comfort Zone Camps** offer 1-4 night camps to children, ages 7-17, and are held year-round across the country.
- **Hearts to Art** is a performing arts summer camp in Chicago for young people ages 7-14 who have experienced the death of a parent. Combining the healing power of creative play with small group therapeutic activities, Hearts to Art inspires communication, fosters emotional growth and provides friendship, compassion and community.

## Websites

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- **TherapistAid.com:** Information about grieving process, stages, Goodbye Letter, etc.
  - <https://www.therapistaid.com/therapy-worksheets/grief/none>
- **Psychology Today:** Grief basics
  - <https://www.psychologytoday.com/us/basics/grief>
- **American Psychological Association:** APA website; Psychology help & Coping with Loss
  - <https://www.apa.org/topics/grief>
- **What's Your Grief?** Resources and quotes about grief
  - <https://whatsyourgrief.com/resources/>
- **Option B:** a place for grief and resilience stories
  - <https://optionb.org/>
- **Modern Loss:** your destination for candid conversation about grief
  - <https://modernloss.com/>
- **The Dinner Party:** Support, candid conversation and potluck dinners, for 20s-30s year olds
  - <https://www.thedinnerparty.org/>
- **Econdolence:** Resource on all things grief like assistance on writing a eulogy and supporting people who are grieving.
  - <https://www.econdolence.com/>
- **Lantern:** your end of life and death planning expert and knowledgeable friend
  - <https://www.lantern.co/>

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## Tip Videos

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These videos were created by EMPACT-SPC CCP staff to help you on your resilience journey. You can click on the titles/links for each video or go directly to our Facebook Page to see all our videos at <https://www.facebook.com/profile.php?id=100063716676274&sk=videos>. We are listed on Facebook as LaFrontera Empact – Suicide Prevention Center.

- [Breathing to Reduce Stress](#)
- [Body Scanning to Reduce Stress](#)
- [Progressive Muscle Relaxation](#)
- [Using Mindfulness for Relaxation](#)
- [Stretching and Movement](#)
- [Positive Self-Talk](#)
- [4 Tips for Dealing with Grief](#)
- [8 Principles of Mindfulness](#)
- [Grounding Skills to Reduce Anxiety](#)
- [Focusing on What You Can Control](#)
- [Permission to Grieve](#)
- [Guided Visualization](#)
- [Tips for Restful Sleep](#)
- [Using Self-Compassion in Grief](#)
- [Loving Kindness Meditation](#)
- [Affirmations](#)
- [Gratitude Meditation](#)

*New videos will continue to be posted weekly through January 2022.*

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