

Resources For Grief™

Click here for suggestions on using the Grief Support Mailings.

Grief Support Mailings

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Click on Letter and/or Enclosure to Preview or Print

<u>Topic of Letter</u>	<u>Educational Enclosure(s)</u>
Month 1 - Navigating the Early Stages of Grief	Survival Guide for Early Grief
Month 2 - Understanding Grief	Common Responses to Loss
Month 3 - Encountering the Feelings of Grief	Keeping a Journal (front) Feeling Words (back)
Month 4 - Managing Difficult Emotions	Difficult Emotions—How to Control...
Month 5 - Nurturing the Wounded Self	A Wholistic Approach to Grief
Month 6 - Coping with the Stress of Change	Stress Symptoms (front) How do you Cope? (back)
Month 7 - Reaching Out for Support	Supports in My Life
Month 8 - Making Needed Adjustments	Adjusting to My Loss
Month 9 - Remembering the One Who Died	Embrace the Memories
Month 10 - Searching for Meaning	The Search for Meaning
Month 11 - Facing the First Anniversary	Handling Special Occasions
Month 12 - Reinvesting	Signs You May Need Professional Help
Special Holiday Insert: Your Holiday Bill of Rights	

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