

NAVIGATING LOSS: SUPPORTING GRIEVING COLLEGE STUDENTS

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AGENDA

Introductions

Educating

Coaching

Application

Advocating

GRIEF

Grief is like
living two lives.
One is where you
pretend that
everything is
alright, and the
other is where
your heart
silently screams
in pain.

 forever missed

Guide to surviving grief

Cry whenever you need to.
Scream. Shout. Lay on the floor. Sob in
the shower. Be still. Run. Walk. Create.
Live your truth. Share without fear.
Listen. Release your pain. Breathe.
Be courageous. Throw away the map.
Wander. Be real. Be compassionate.
Read. Seek friendship. Be vulnerable.
Don't fear being broken.

-Zoe Clark-Coates



"There is a sacredness in
tears. They are not the
mark of weakness, but
of power. They speak
more eloquently than
ten thousand tongues.
They are the messengers
of overwhelming grief,
of deep contrition, and
of unspeakable love."

www.MePlus3Today.com

Washington Irving

GRIEVING COLLEGE STUDENTS ENTERING COLLEGE

2025 Statistics for New York

- 1 in 13 New York children will experience the death of a parent or sibling by age 18
 - 7.6% ~ 306K children will be bereaved by age 18
 - 771K youth will be bereaved by age 25
- New Mexico 14.2%
 - 149K youth will be bereaved by age 25
- National rate is 8.9%

Childhood Bereavement Estimation Model (CBEM)

<https://cbem.judishouse.org/cbem-reports>

GRIEF AND LOSS AMONG COLLEGE STUDENTS

POST-COVID STATISTICS & TRENDS

Post COVID Stats

- More than **10% of college students** reported losing a loved one to COVID-19.
 - Time Magazine summary of college grief research (2022)
- More than **26% of students** reported the death of someone close from non-COVID causes during the pandemic period.
 - Time Magazine summary of college grief research (2022)

Types of Loss in COVID

- During the COVID-19 pandemic, college students reported an **average of 6.33 significant losses each**, including:
 - death of loved ones
 - loss of routines
 - missed milestones
 - social disconnection
 - and loss of normalcy.
 - Serrine et al. (2023)

Mental Health Impact

Grief in college students may affect:

- academic performance
- class attendance
- motivation
- social relationships
- retention.

GRIEF IS NOT A LINEAR PROCESS

Educating grieving college students about grief and loss

TYPES OF LOSSES

Losses - Non-death related

- New School
- Adjusting to a roommate(s)
- New academic expectations - new rules
- Making new friends
- Adjusting to a new area/weather/away from home
- Loss of autonomy

Deaths

- Death of parent
- Death of Grandparents
- Death of siblings
- Death of Friend
- Death of Family Pet
- Death of other Family members

General Losses

- Loss of community
- Loss of culture
- Loss of relationships prior to college
- Limited support from family/friends
- Limited Social Skills

TYPES OF GRIEF

- Anticipatory grief: Grief that begins before a death occurs, often when someone has a serious illness or terminal diagnosis.
- **Complicated Grief (Prolonged Grief Disorder):** A persistent, intense grief that significantly interferes with functioning long after the death.
- **Disenfranchised Grief:** A loss that is not openly acknowledged, socially supported, or publicly mourned.
- **Secondary Loss Grief:** Grief related to losses that follow the death.
- **Delayed Grief:** Grief reactions that emerge months or even years after a loss.
- **Masked Grief:** Grief that is expressed through behaviors or symptoms not immediately recognized as grief.
- **Collective Grief:** Grief shared by a community, organization, or society.
- **Traumatic Grief:** Grief that follows a sudden, violent, unexpected, or disturbing death.

SYMPTOMS OF GRIEF

Emotional

- Sadness, tearfulness, or crying
- Shock, numbness, or feeling disconnected
- Anger or irritability
- Anxiety, worry, or fear
- Guilt or regret
- Loneliness
- Relief Mood swings or intense emotional waves

Cognitive

- Difficulty concentrating
- Forgetfulness
- Confusion or feeling mentally "foggy":
- Preoccupation with the person, relationship or loss
- Questioning beliefs, meaning or purpose
- Vivid memories, dreams or thoughts about the loss

Behavioral

- Social withdrawal
- Restlessness or agitation
- Crying more or less than expected
- Avoiding reminders of the loss, or seeking them out repeatedly
- Difficulty maintaining routines
- Changes in work, school, or daily functioning

SYMPTOMS OF GRIEF

Physical

- Tired, low energy
- Changes in eating - too much, too little
- Digestive issues
- Sleep problems - too much, too little
- Headaches
- Muscle tension or aches
- Increased colds, illnesses due to stress
- Over sensitivity to noise
- Sighing
- Feeling physically numb
- Chest tightness or sensation of heaviness

SYMPTOMS OF GRIEF

Behavioral

- Social withdrawal
- Restlessness and/or agitation
- Crying more or less than expected
- Avoiding reminders of loss
- Challenged to maintain routines

Social/Relationships

- Feeling misunderstood and/or isolated
- Needing more support or wanting more solitude
- Changes in relationships with family and friends
- Difficulty connecting with those who have not experience a similar loss or the death of a loved one

GRIEVING STYLES

- Visible emotion is not the measure of grief.
- Some students grieve through tears.
Some through action.
Some through silence.
Most through a combination of many responses over time.
- All of these can be normal expressions of mourning.

INTUITIVE GRIEVING

INTUITIVE GRIEVERS EXPERIENCE GRIEF PRIMARILY THROUGH EMOTIONS AND FEELINGS.

Intuitive Grievers –Emotional

- Cry openly
- Want to talk about the person who died
- Seek emotional support from friends
- Journal or create art/music
- Experience strong waves of sadness, anxiety, or loneliness
- Need validation and connection

Intuitive Grievers needs

- Frequently visit counseling services
- Withdraw socially after the loss
- Struggle with concentration due to emotional overwhelm
- Feel isolated if peers seem uncomfortable with emotion
- Others sometimes mistakenly view them as "too emotional" when they are actually processing grief naturally.

INSTRUMENTAL GRIEVERS -

INSTRUMENTAL GRIEVERS PROCESS GRIEF MORE COGNITIVELY, BEHAVIORALLY, OR THROUGH ACTION RATHER THAN OVERT EMOTION

Action Oriented

- Focus intensely on academics or work
- Return to routines quickly
- Research medical details or circumstances of the death
- Exercise excessively
- Organize memorials or advocacy events
- Use problem-solving rather than emotional expression

May not look like they are grieving

- "You seem fine."
- "You're handling this well."
- In reality, the student may be grieving deeply internally.

BLENDED GRIEVING STYLES

Moving between both styles depends on:

- The relationship with the deceased
- Cultural expectations
- Social environment
- Stress levels
- Developmental maturity

Examples

- A student may cry privately but stay highly productive publicly.
- Another may avoid emotion for months and later experience intense grief reactions.
- A student athlete may cope physically through sports while also needing emotional support.
- Grieving styles are fluid, not fixed categories.

WHAT SHAPES THE COLLEGE STUDENTS GRIEVING STYLE

Impact on the developmental stage

Emerging adulthood is a time of:

- Identity exploration
- Independence
- Relationship-building
- Future planning

Loss disruptions

- Meaning-making
- Questions about mortality
- Fear about the future
- Changes in identity and belonging
- Because many are still developing emotional regulation skills, grief responses can appear inconsistent or confusing.

WHAT SHAPES THE COLLEGE STUDENT'S GRIEVING STYLE

Social expectations strongly affect grieving expression. Some male-identifying students may:

- Suppress tears
- Avoid vulnerability
- Channel grief into activity or anger
- Some female-identifying students may:
 - Feel greater permission to express emotion openly
 - Seek relational support
 - Experience pressure to remain emotionally available to others
- These are social patterns, not universal truths.

WHAT SHAPES THE COLLEGE STUDENT'S GRIEVING STYLE

Cultural & Family Systems:

- Emotional expression
- Mourning rituals
- Spiritual meaning
- Family expectations
- Help-seeking behavior

Some students come from cultures that encourage collective mourning and open expression. Others may value privacy, stoicism, or spiritual acceptance.

STAGES, TASKS, PROCESS OF GRIEF

Four Task of Mourning– W. Worden

- Task 1: Accept the Reality of the Loss
- Task 2: Process the pain of grief.
- Task 3: Adjust to the world where the deceased is missing.
- Task 4: Find enduring connection with the deceased while embarking on a new life.

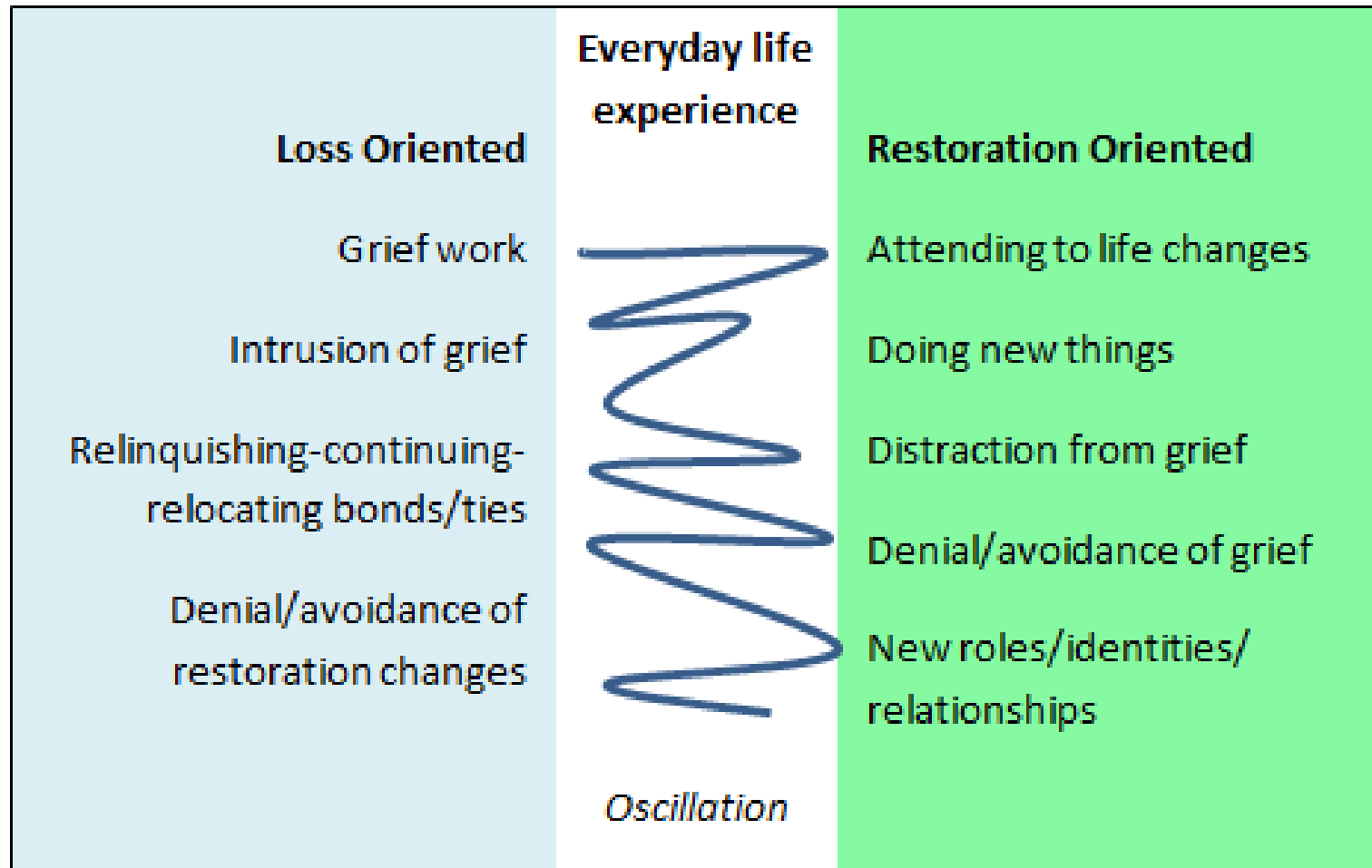
Six R Processes of Grief - T. Rando

- Recognize the loss
- React to the separation
- Recollect and re-experience the deceased
- Relinquish old attachment
- Readjust to the new world
- Reinvest

Five Stages of Grief E. Kubler Ross

- Denial
- Bargaining
- Anger
- Depression
- Acceptance

DUAL PROCESS OF GRIEF



Schut, M. S. (1999). THE DUAL PROCESS MODEL OF COPING WITH BEREAVEMENT: RATIONALE AND DESCRIPTION. Death Studies, 23(3), 197-224.

WHAT GRIEVERS NEED TO KNOW ABOUT THEIR GRIEF

- Grieving is normal.
- Grief is not to be fixed; there is no getting over it. The work is to integrate the loss into your life story.
- EVERYONE grieves differently, do not compare how you are navigating with others grieving the same death.
- Grief is your responsibility, navigating grief is your responsibility. Seek support.

STUDENTS REACTING TO A SUICIDE DEATH

Common Responses

- Shock or numbness
- Confusion
- Anger
- Guilt or self-blame
- Shame
- Intrusive thoughts about the death

Why?

- "Why didn't I see it?"
- "Could I have stopped it?"
- "Did I miss signs?"
- "I should have checked in."
- "I should have known."
- "If I had answered sooner."

"THE PERFECT STORM"

- Suicide is the perfect storm—a coming together of a group of factors all at once that create the conditions that make a suicide possible".
- Contributing factors include genetics, mental illness, family history, current life stressors, and individual decision-making processes.
- Building a Narrative: the task for mourners is to "build a 'coherent narrative' of the suicide that is 'compassionate and bearable'"
- The Impact of Stigma survivors often experience higher levels of guilt, shame, and social isolation due to the stigmatization of suicide.
- "Dosing" Grief: a healthy mourning process as learning to "dose" grief—oscillating between focusing on the loss and attending to the practical restoration of one's life.
- From Jordan, John R., and John L. McIntosh, editors. *Grief After Suicide: Understanding the Consequences and Caring for the Survivors*. Routledge, 2011.

SUPPORTING STUDENTS GRIEVING A SUICIDE

- Using correct language: The person died of suicide. Committed suicide implies it was a crime. Decriminalization was done at the state level in the mid-to-late 20th century. Virginia is the notable acceptance. The Governor signed a bill in May of 2026 abolishing the common law crime of suicide. The law will go into effect on July 1, 2027.
- There is rarely, if ever, a "why" someone dies from suicide is understood by the family and friends
- Dying from suicide does not define that person's life.

COACHING GRIEVING COLLEGE STUDENTS

EMPATHY

“EMPATHY HAS NO SCRIPT. THERE IS NO RIGHT WAY OR WRONG WAY TO DO IT. IT’S SIMPLY LISTENING, HOLDING SPACE, WITHHOLDING JUDGMENT, EMOTIONALLY CONNECTING, AND COMMUNICATING THAT INCREDIBLY HEALING MESSAGE OF ‘YOU’RE NOT ALONE.’”

BRENÉ BROWN

EST. 2014 | VALOURINE

COACHING GOALS

Coaching grieving college students requires a balance of compassion, flexibility, practical support, and developmental understanding.

Unlike therapy, grief coaching and supportive guidance often focus on helping students function, cope, connect, and build resilience while carrying loss.

As the coach, let the student know you will use concrete language. It is essential to helping the student integrate the loss into Kevin. Their loved one died. They didn't pass, they were not lost, didn't croak, are not in a better place, expired, or perished.

GRIEF COACHING - CORE PRINCIPALS

1. Normalize Grief

- "I should be over this."
- "I'm grieving wrong."
- "Everyone else is handling life better than me."

Coaching begins by helping students understand:

- Grief is not linear
- There is no "normal timeline"
- Different grieving styles are valid
- Academic struggles during grief are common
- Validation reduces shame and isolation.

GRIEF COACHING – CORE PRINCIPALS

Focus on Functioning, Not "Fixing"

The goal is not to remove grief.

The goal is to help students:

- Continue daily life safely
- Build coping tools
- Stay connected
- Develop self-compassion
- Balance grieving and living
- Students need permission to both mourn and move forward.

GRIEF COACHING – PRACTICAL COACHING IDEAS

Academic Coaching

Examples

Help students create a "minimum success plan". When overwhelmed, students benefit from identifying:

- Essential assignments
- Immediate deadlines
- Priority classes
- Small achievable goals

- Attend one class today
- Email one professor
- Complete one page of a paper
- Small successes rebuild confidence.

GRIEF COACHING – PRACTICAL COACHING IDEAS

Encourage communication with faculty. Many grieving students avoid reaching out because they fear judgment.

Coach students to:

- Write simple accommodation emails
- Request extensions appropriately
- Meet with academic advisors
- Use campus support systems

GRIEF COACHING – PRACTICAL COACHING IDEAS

Teach "grief brain" strategies

Grief affects memory and concentration. Helpful tools include:

- Using planners and reminders
- Breaking tasks into short intervals
- Recording lectures
- Studying with peers
- Creating structured routines
- Students often feel relieved when they learn concentration problems are common in grief.

GRIEF COACHING – PRACTICAL COACHING IDEAS

Encourage emotional check-ins.

Many students suppress emotions until they become overwhelmed.

- Simple prompts:
- "What emotion is strongest today?"
- "What feels hardest right now?"
- "What has helped even a little?"

Emotional awareness builds coping capacity.

- Teach dual-process coping
 - Students need permission to move between:
 - Grief focused activities and
 - Restoration- focused activities
 - Examples: Crying, journaling, memorializing and going to class working out, socializing.
 - Normalize both grieving and re-engaging with life

APPLICATION

Engaging grieving college students to navigate grief

GRIEF WORK IS AN INSIDE JOB

- Telling the story of what happen, over and over again is invaluable.
- Explore the student's grieving style and help them understand how they will navigate in this style
- Explore how they have coped with loss and change in the past - encourage the student to explore new venues of tools.
- Set one concrete goal at a time.
- Provide information about grief. Simple concrete, info graph, keep it to one page.

GRIEF INFORMATION

NAVIGATING GRIEF

FIND WAYS TO EXPRESS YOUR EMOTIONS, SUCH AS JOURNALING, WRITING LETTERS, OR CREATING ART.

BE KIND TO YOURSELF AND UNDERSTAND THAT HEALING TAKES TIME.

PRIORITISE SELF-CARE ACTIVITIES THAT NOURISH YOUR BODY, MIND, AND SOUL.

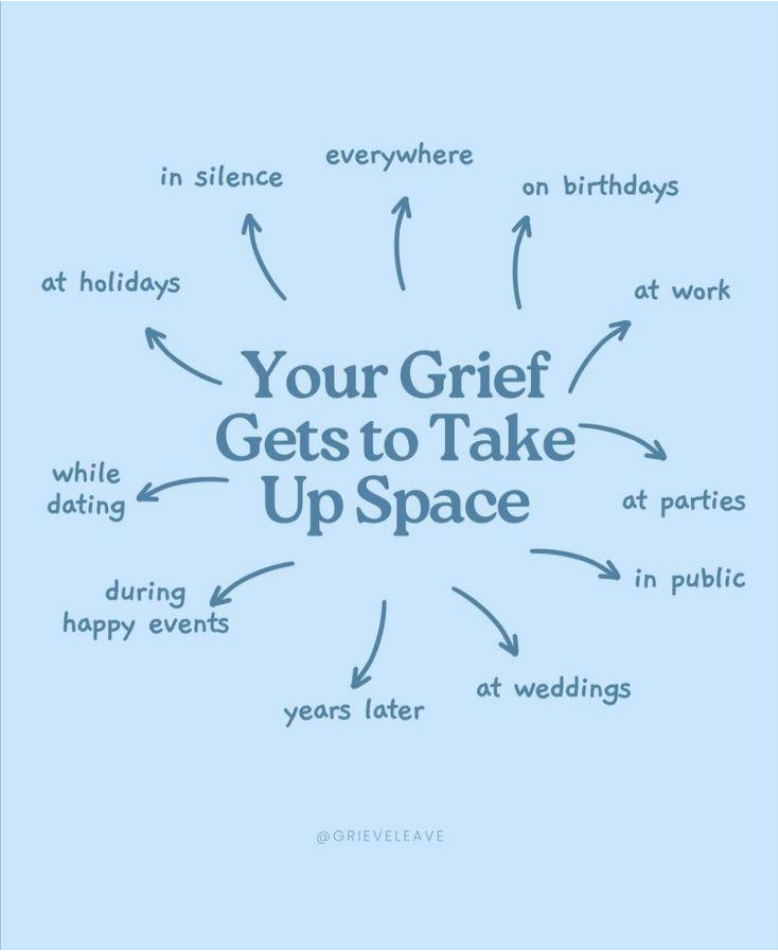
SPEND TIME IN NATURE. NATURE CAN PROVIDE A SOOTHING AND GROUNDING EFFECT DURING TIMES OF GRIEF.



ALLOW YOURSELF TO GRIEVE

REACH OUT TO TRUSTED FRIENDS, FAMILY MEMBERS, OR SUPPORT GROUPS WHO CAN PROVIDE UNDERSTANDING AND COMFORT.

COMMUNICATE YOUR NEEDS AND BOUNDARIES TO OTHERS, LETTING THEM KNOW HOW THEY CAN SUPPORT YOU.



GRIEF INFORMATION

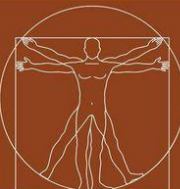


Symptoms of Grief

Physical

- Digestive problems
- Headaches/Dizziness
- Insomnia/Over Sleeping
- Hormonal Changes
- Exhaustion
- Tightness in Chest


- Inability to Eat
- Overeating
- Weight Changes
- Autoimmune distruption
- Muscle Weakness/Pain
- Inability to cry/crying easily
- Broken Heart Syndrome
- Brain rewiring



Cognitive

- Inability to Articulate Self
- Inability to Concentrate
- Sensory Overload
- Overstimulation
- Inability to retain information
- Memory Loss
- Nightmares/dreams
- Forgetting words


- Decision Fatigue
- Time loss
- Intrusive Thoughts
- Disbelief
- Confusion/Brain Fog
- Disassociation



Emotional

- Anger
- Deep Sadness
- Anxiety/Panic
- Guilt/Self-Blame
- Shock/Numbness
- Fear


- Irritation with others
- Short Temper/Frustration
- Stress
- Loneliness/Isolation
- Abandonment
- Powerlessness/Loss of Control
- Anhedonia
- Despair



Spiritual

- Turning to God
- Turning away from God
- Anger at God
- Feeling connected to God
- Searching for signs
- Sudden Spiritual Changes
- Finding Purpose in Life
- Doubting the purpose of Life

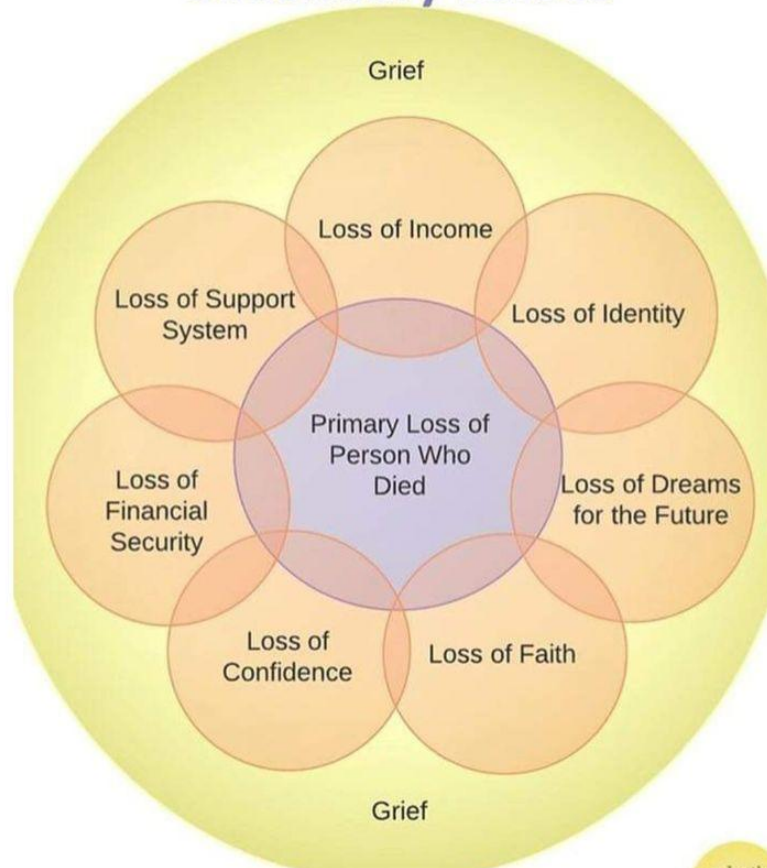
- Re-evaluation of beliefs/experimentation
- Loss of Connection
- Inner Conflicts
- Questioning the meaning/value of life



Aimee N. Power, B.Sc., MSW, RSW

GRIEF INFORMATION

Secondary Losses



HOW GRIEF MIGHT SHOW UP IN YOUR BODY

Aches and pains that can feel like the flu, back pain, joint pain, and stiffness

Tightness in the chest, shortness of breath, and shallow breathing

Nausea or stomach pain

Lowered immune system

Increased inflammation

Increased blood pressure

Headaches

Noise sensitivity

Extreme fatigue, feelings of heaviness

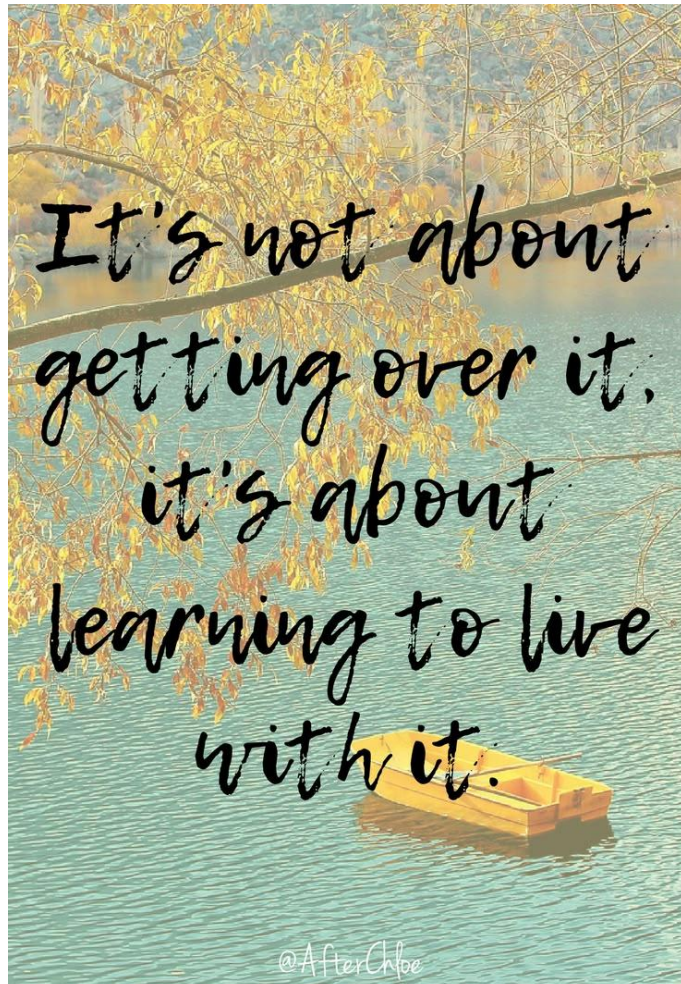
Dizziness and dry mouth

Change in eating patterns, eating more, or eating less

Can't sleep, afraid to sleep or mixed up sleep cycles

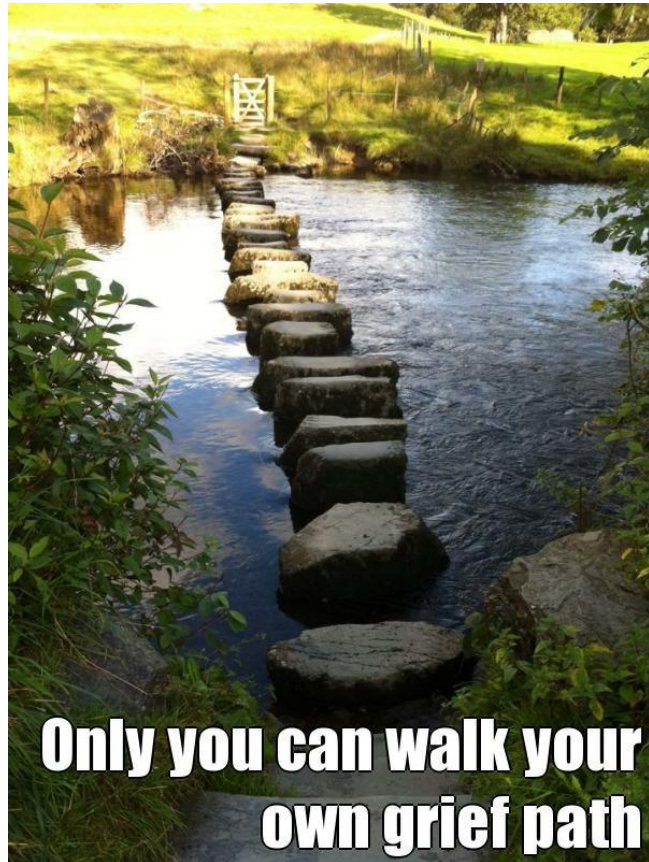


GRIEF INFORMATION



I sat with my
anger long enough,
until she
told me her
real name
was grief.

GRIEF INFORMATION



WHAT TO SAY (AND WHAT TO AVOID) WHEN SOMEONE IS GRIEVING

Avoid

Looking for a bright side.
(pro-tip: if you're thinking of saying 'at least' just stop!)

Forcing common experience.
(pro-tip: you don't know how they feel, even if you've been through it)

Offering unsolicited advice
(pro-tip: if the person grieving didn't ask what you think they need or should do, keep your thoughts to yourself).

Projecting into the future.
(pro-tip: if you are thinking about suggesting that it will get easier, that they will meet someone else, or that time heals all wounds, DON'T)

Instead

Acknowledge the pain, don't minimize or look for the silver lining.

Acknowledge their pain and remind them that you are there and will listen. Share memories and stories.

Listen and offer support with what identify as their needs. Only offer advice if you have a concern for the person's safety and well-being.

Be present and open to the pain they are experiencing. Get comfortable with difficult emotions and affirm they do not need to hide them or rush them.

www.whatsyourgrief.com

GRIEF INFORMATION

Create a handout listing coping strategies. Ask students to contribute ideas that worked for them.

- Journal
- Color
- Draw, paint, work with clay
- Walk, run, do yoga, meditate
- Listen to music, watch funny movies, limit time spent on social media

OTHER IDEAS ON HELPING STUDENTS NAVIGATE GRIEF

ADVOCATING

Bereavement leave policies, education to all staff,

WHAT IS ADVOCACY?

- **Advocacy** is the act of publicly pleading for, supporting, or recommending a cause, policy, or individual. It involves taking action to raise awareness, protect rights, or empower those who cannot easily speak for themselves, with the ultimate goal of driving positive change.
- **Core Types of Advocacy:**
 - **Self-Advocacy:** An individual speaking up for their own rights and communicating their personal needs.
 - **Individual Advocacy:** A professional or volunteer acting on behalf of a single person to ensure their voice is heard and rights are respected.
 - **Systems Advocacy:** Campaigns and initiatives aimed at influencing broader political, legal, or social structures to create lasting systemic change. [
 - <https://www.voiceability.org/about-advocacy/what-is-advocacy>

WHY ADVOCATE FOR GRIEVING COLLEGE STUDENTS?

- Attending college is a significant change for students. Independence, learning to live with strangers, working to afford college, living away from home and very future oriented.
- Experiencing the death of a loved one, mentor or friend stresses the students ability to navigate all these changes.
- Bereavement policies for students is the first step.
- Listening to their grief story provides opportunity to educate them about the grief process
- Providing grief coaching opportunities for students can help these grievers successfully navigate college while grieving.

BEREAVEMENT POLICIES FOR GRIEVING COLLEGE STUDENTS

Emerging Trends in Higher Education

Since COVID-19, colleges nationally have increasingly recognized:

- cumulative grief
- traumatic loss
- mental health impacts
- inequities in faculty-by-faculty accommodations.

Student Bereavement policies can include

- Excused absences after a death
- Flexibility for cultural mourning practices
- Accommodations for significant non-family losses
- Flexibility with assignments/exams
- Temporary academic accommodations
- Leave of absence options
- Counseling referrals
- Withdrawal or incomplete procedures

The strongest policies recognize grief

- concentration
- attendance
- executive functioning
- emotional regulation
- academic performance

BEREAVEMENT POLICIES FOR STUDENTS

- There is no single statewide bereavement policies for college students in New York State.
- Most New York colleges do not have comprehensive standardized bereavement leave for students; support is often decentralized and dependent upon institutional culture, faculty discretion, and student self-advocacy.

Common problems students report include:

- having to repeatedly explain losses to professors
- inconsistent accommodations
- pressure to "catch up" immediately
- lack of understanding of grief-related cognitive impairment
- fear of academic penalties.

Small Group Discussion:

- Share your colleges current Bereavement policies for students
- Discuss the challenges your grieving students have had coming back to school after a death.
- Select a group speaker to report findings back to the whole group.

GRIEF RESOURCES

Books, Ted Talks, Websites

TED TALKS

Nora McInerney - *"We Don't 'Move On' From Grief. We Move Forward With It"*

- This is arguably the most widely used TED Talk in grief education today. McInerney challenges the cultural expectation that people should "get over" grief and instead introduces the concept of carrying grief forward while continuing to live fully. Her blend of humor, honesty, and vulnerability resonates strongly with students, healthcare workers, and bereaved families.
- Excellent for normalizing grief
- Validates continuing bonds with the deceased
- Accessible for both professionals and general audiences
- Particularly effective with young adults and college students
- [Watch the TED Talk](#)

TED TALKS/DOCUMENTARY

- **"Benefits of Making Death Talkable"** by Heather Servaty-Seib https://youtu.be/T_pfV5SyRN4?si=SptHbxBhnl7ekkZP

Heather Servaty-Seib is a thanatologist and a psychologist who is passionate about breaking down the taboos associated with talking about death. Rather than trying to control or eliminate our death anxiety, she argues that when we can face our anxiety and own it and use it--we will more highly value our own lives and the lives of others.

- **"Death, Grief, and the College Student"** by Darcy Anderson: https://www.ted.com/talks/darcy_anderson_death_grief_and_the_college_student?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

Discusses the tendency to compartmentalize personal trauma from academic life and outlines the emotional, financial, and academic realities of grieving while in college.

- **"Finding Light and Love in the Darkness: The Upside of Grief"** by Britta Gullahorn: <https://youtu.be/-h87mJV19Eg?si=yg-g4x3V7x-eThnh>

Shares a raw, personal story of navigating devastating loss during college and offers reforms on how universities and peers can support grieving students.

- **"How Do Our Brains Handle Grief?"** by Mary-Frances O'Connor: <https://youtu.be/qBoKZAC9iil?si=3Zdpc2FZkDNySRpD>

Explains the attachment neurobiology of grief, providing a comforting look at why the brain struggles to learn that a loved one is gone.

- **"Break the Silence: Let's Talk About Grief"** by Cate Murphy: <https://youtu.be/qBoKZAC9iil?si=3Zdpc2FZkDNySRpD>

Addresses the isolation young people face when peers avoid them out of discomfort and highlights the importance of simply being present for those who are hurting.

Documentary:

Speaking Grief <https://speakinggrief.org/documentary>

PODCASTS

All There Is <https://www.cnn.com/all-there-is-anderson-cooper>

- One of the most widely praised grief podcasts in recent years.
- Combines Cooper's own experiences of loss with conversations featuring guests such as writers, actors, and fellow mourners.
- Particularly good for understanding how grief changes over a lifetime.

Terrible, Thanks for Asking

<https://www.youtube.com/playlist?list=PLRi42XMOPkJYAc3pvPvrGRkc3WpROCpkZ>

- Hosted by Nora McInerney after the deaths of her husband and father.
- Honest, funny, heartbreaking, and deeply human.
- Frequently recommended by bereaved listeners.

Grief Works <https://podcasts.apple.com/us/podcast/grief-works/id1218890840>

- Hosted by Julia Samuel, a leading grief psychotherapist.
- Excellent if you're interested in the psychology of grief, resilience, attachment, and healing.
- Particularly useful for grief educators, counselors, and caregivers.

Shapes of Grief <https://podcasts.apple.com/us/podcast/shapes-of-grief/id1450116449>

- Hosted by grief therapist Liz Gleeson.
- Features in-depth conversations about many kinds of loss.
- Strong focus on meaning-making and integrating grief into life

PODCASTS

Griefcast <https://podcasts.apple.com/us/podcast/griefcast/id1178572854>

- Hosted by Cariad Lloyd
- Award-winning podcast that explores grief with honesty and occasional humor
- Frequently recommended by grief communities because it normalizes talking about death and loss

Good Mourning <https://podcasts.apple.com/us/podcast/good-mourning/id1529978129>

- Hosted by two friends who mother's died
- Combines personal experiences with practical coping strategies
- Many listeners describe it as feeling like a grief support group in podcast form

Grief is a Sneaky Bitch <https://podcasts.apple.com/us/podcast/grief-is-a-sneaky-bitch/id1474558908>

- Explores grief beyond bereavement including illness, identify changes and other life losses.
- Thoughtful interviews with grief experts and people with lived experience.

WEB SITES

- Refuge in Grief: <https://refugeingrief.com/> Created by Megan Devine, author of *It's OK That You're Not OK*. Excellent for raw, messy grief with an emphasis on validating pain without relying on toxic positivity
- What's Your Grief: <https://whatsyourgrief.com/> Founded by mental health professionals, this platform offers practical, creative, and relatable resources, courses, and articles for "the rest of us"
- **The Dougy Center**: <https://www.dougy.org/> A premier national center providing exceptional, age-appropriate grief resources specifically tailored for children, teens, young adults, and their families.
- **NACG**: <https://nacg.org/> The National Alliance for Children's Grief. A wealth of resources for grieving children and teens.
- **Modern Loss**: <https://modernloss.com/> Features candid, honest, and relatable essays and conversations from people navigating grief in a modern world, welcoming beginners.
- **The Dinner Party** <https://www.thedinnerparty.org/> A US-based non-profit organizing peer-led potluck gatherings and support for young adults (ages 21-40) experiencing the loss of a loved one.
- **Death Café** <https://deathcafe.com/> A group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.
- **A Guide to Death Rituals Around the World** <https://www.eterneva.com/resources/death-rituals>
- **Free PDF Grief Worksheets from the Loss Foundation in England** <https://thelossfoundation.org/free-grief-worksheets-pdfs/?v=0b3b97fa6688>
- Gator Grief & Bereavement (UF)
- Stanford Grieving Resources

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The Grief Iceberg



HOW GRIEF MIGHT SHOW UP IN YOUR BODY

Aches and pains that can feel like the flu, back pain, joint pain, and stiffness

Tightness in the chest, shortness of breath, and shallow breathing

Nausea or stomach pain

Lowered immune system

Increased inflammation

Increased blood pressure

Headaches

Noise sensitivity

Extreme fatigue, feelings of heaviness

Dizziness and dry mouth

Change in eating patterns, eating more, or eating less

Can't sleep, afraid to sleep or mixed up sleep cycles

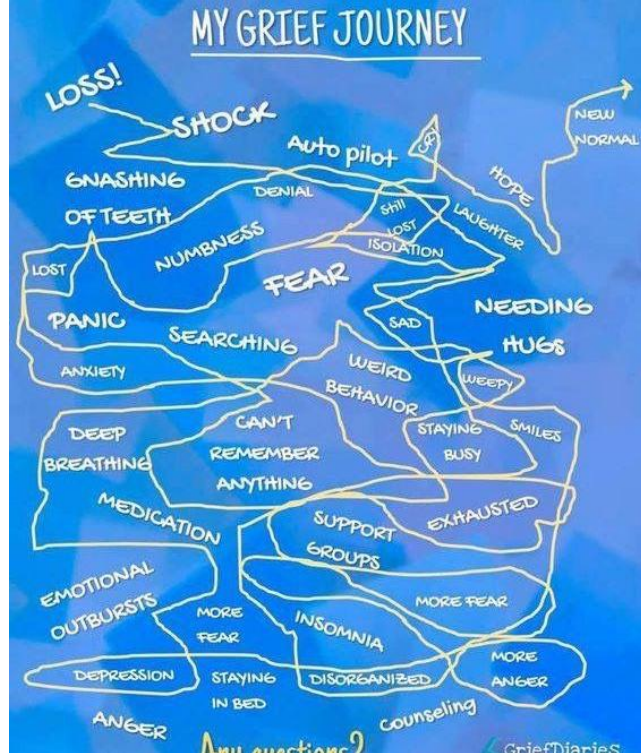


@movethroughgrief

SUMMARY

"Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and the awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heartbreaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful."

L.R. Knost



GRIEF VS. GRIEVING

The natural response to loss

The process of coming to terms with loss

The collection of emotions that come with loss, such as: sorrow, anger, jealousy, nostalgia, or a whole host of other feelings

The process of exploring your feelings and adjusting to life without the person or thing you've lost

Can be triggered by death, the end of a relationship, moving far away, a diagnosis, leaving a job, or some other big change

There are many ways to grieve. Some examples are: crying in the arms of a loved one, drawing a picture of the person we miss, making a special food, or going for a long walk to think

Not something you can cure, but something you can cope with

We might grieve for the rest of our lives as we continue to process our feelings

There is no right or wrong way to feel grief

There is no right or wrong way to grieve

@grieveleave

grief is also

losing your job • having to walk away from a sport • ending a long-term relationship • saying goodbye to a pet • leaving your hometown • losing a friendship • receiving a life-altering diagnosis • feeling like a failure • grieving the life you thought you'd have • navigating a major identity shift • processing childhood trauma.

Exhaustion. healing. Questioning faith. sleepless nights.

Guilt for trying to move on or feeling like you are leaving them behind. Physical symptoms (digestion, anxiety, fatigue.)

Constantly asking WHY? Deep sadness.

Forgetfulness. Dreading holidays. Comparing your grief to others.

Worrying you will Feeling like you are alone even Going through the motions in a haze.

Grief is:

THANK YOU



Mary Jones



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