

# GRIEF RESOURCE PACKET

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**BLOCK CANCER**



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# TO WHOMEVER IS READING THIS,

I hate that you are here. Nothing I say or provide to you in this resource packet will change the reality of your loss. Please find solace in knowing that I have been exactly where you are and I understand with my whole heart how broken you feel. You will get through this. The heaviness will subside and at some point, you will feel free again. The hole your loved one left will never be filled, but to be honest, you don't want it to be. That hole is your reminder of someone you loved with your entire being, and nothing will ever replace them. They were simply too special.

Every healing journey is different. Every loss is different. You will be okay, because I am okay.

I hope I can provide you with some helpful resources for your healing journey. Dealing with grief is difficult and overwhelming, and it is so important to seek support. I lost my dad to cancer in 2021, and since then I've been researching and compiling these resources so you don't have to. Everything you need is right here. Take it or leave it; simply do what's best for you.

Sending you love and strength,  
Elizabeth



# GRIEF

Grief exists differently in everyone. It reveals itself through so many different channels, which is important to consider and remember while reading this packet. Not everything listed here will work for you, and that's okay. The goal of providing you with these resources is to support you and make your life simpler during an unbelievably heavy time. Try all (or none) but know that there is no right or wrong way to heal after the passing of a loved one. By just reading this, you are already taking steps forward to healing and for that, I am so proud of you.



# THE FIVE STAGES OF GRIEF

THE STAGES OF GRIEF ARE A MODEL OF EMOTIONAL RESPONSE THAT MANY PEOPLE EXPERIENCE AFTER A SIGNIFICANT LOSS

1. Denial. The first stage of grief is often characterized by shock and disbelief. It may be difficult to accept the reality of the loss, and you may feel numb, dazed, or disoriented.
2. Anger. In the second stage of grief, you may feel angry or resentful about the loss. This anger may be directed at yourself, at others, or at a higher power. It's important to note that anger is a normal and natural response to loss.
3. Bargaining. In the third stage of grief, you may attempt to negotiate with yourself or a higher power to seek ways to undo or reverse the loss. Unfortunately, there is no bringing your loved one back, and this is the toughest reality to face during the grieving process.
4. Depression. In the fourth stage of grief, you may feel overwhelming sadness, guilt, or despair. This stage often involves withdrawal, loss of appetite, difficulty sleeping, and feelings of hopelessness.
5. Acceptance. In the final stage of grief, you may start to come to terms with the loss and begin to find new ways to move forward. This may involve finding a new meaning and purpose in life, developing a sense of gratitude, or finding ways to honor and remember the loved one you lost.

Remember. Grief is never linear. You may skip stages all together or revisit stages multiple times. Grieving is a highly individual experience, and everyone's process will be different.

# GRIEF COUSELING

Grief counseling is a form of therapy that helps you cope with the emotional, psychological, and behavioral responses to loss and grief. The goal of grief counseling is to provide support and guidance to you as you navigate the complex emotions and experiences that come with grief. This can involve talking through feelings of sadness, anger, guilt, as well as exploring ways to cope with these feelings in a healthy and productive way.

Grief counselors are typically mental health professionals who have specialized training and experience in working with individuals who are grieving. They may use a variety of therapeutic techniques such as cognitive-behavioral therapy, mindfulness, or narrative therapy to help individuals process their grief and move towards healing.

Grief counseling can be done individually or in a group setting, depending on your needs. It is often offered through hospice organizations, hospitals, and mental health clinics. Some grief counselors also offer virtual counseling services which can be especially helpful for you if you don't have access to in-person counseling where you live.

Overall, grief counseling is a wonderful resource that can truly help with your healing journey. Sometimes it takes talking to someone to start taking steps forward.



# HOW TO FIND A GRIEF COUNSELOR

Ask for a referral from a healthcare provider. Your primary care physician or another healthcare provider may be able to provide a referral to a grief counselor.

Check with your insurance company. Your health insurance may cover the cost of counseling, so check to see if they have a list of covered providers.

Search online. You can use online directories such as Psychology Today or GoodTherapy to search for grief counselors in your area.

Ask for recommendations from friends, family, or members of your community.

Contact a local hospice. Most local hospice organizations have grief counselors on staff and/or are able to provide referrals.

Contact a local mental health clinic. Most have counselors who specialize in grief and loss.

When searching for a grief counselor, it's important to find someone who is trained and experienced in working with individuals who have experienced loss similar to yours. Don't be afraid to ask questions before scheduling an appointment to ensure that the counselor is a good fit for you. Always be open to trying a few counselors to feel out who you're most comfortable opening up to.

# GRIEF SUPPORT GROUPS

A grief support group is a gathering of individuals who have experienced a significant loss and come together to share their feelings and emotions with others who are going through a similar experience. This is a wonderful option for several reasons. These support groups can help you feel less alone and provide a sense of community, and they can also provide a space to learn from others and the coping strategies they use for dealing with grief.

Grief support groups can be held in-person or online, depending on your needs and preferences. They may be offered through hospice organizations, hospitals, online forums, or community centers.

A support group can be a great supplement to counseling and therapy, but it's important to remember that it should never replace or be a substitute for your counseling and therapy. It can be such a beautiful community to be a part of, and something that may help you more than you think possible.



# ONLINE GRIEF RESOURCES

**THERE ARE MANY ONLINE RESOURCES AVAILABLE FOR YOU THAT CAN HELP YOU NAVIGATE YOUR GRIEVING PROCESS. BELOW ARE A FEW:**

Grief.com: this website offers articles, resources, and an online grief support community moderated by grief expert, David Kessler.

National Hospice and Palliative Care Organization (NHPCO): The NHPCO provides a variety of resources for individuals coping with grief, including articles, videos, and a directory of local hospice organizations.

The Dougy Center: This nonprofit organization offers resources and support for children, teens, and young adults who are grieving. Their website offers a variety of grief-related resources, including articles, videos, and grief activities for children.

GriefShare: This website offers a grief support program that includes weekly meetings, online resources, and a grief support community.

Modern Loss: This website offers a space for individuals to share their experiences and connect with others who are grieving. It includes personal essays, resources, and a grief support community.

Open to Hope: This website offers articles, podcasts, and online support groups for individuals who are coping with grief.

The Center for Loss and Life Transition: This website offers resources and support for individuals who are coping with grief, including books, articles, and a directory of grief support resources.

What's Your Grief: This website offers a variety of grief-related resources, including articles, podcasts, and online courses on grief and loss.



# GRIEF RESOURCE BOOKS

READING CAN BE ONE OF THE MOST THERAPEUTIC THINGS YOU CAN DO FOR YOURSELF DURING THIS TIME. BELOW IS A LIST OF BOOKS THAT MAY HELP YOU COPE WITH YOUR GRIEF:

“The Year of Magical Thinking” by Joan Didion: This memoir details the author’s experience of grief after the sudden death of her husband.

“A Grief Observed” by C.S. Lewis: This book is a collection of journal entries written by the author after the death of his wife, exploring his emotions and experiences of grief.

“Option B: Facing Adversity, Building Resilience, and Finding Joy” by Sheryl Sandberg and Adam Grant: This book offers insights and advice on building resilience and finding joy after experiencing loss.

“The Widower’s Notebook” by Jonathan Santlofer: This memoir details the author’s experience of grief after the sudden death of his wife and explores his journey towards healing.

“Tear Soup: A Recipe for Healing After Loss” by Pat Schwiebert and Chuck DeKlyen: This illustrated book offers a metaphorical recipe for grief and healing, with a focus on self-care and coping strategies.

“Healing After Loss: Daily Meditations for Working Through Grief” by Martha W. Hickman: This book offers daily meditations and reflections for individuals coping with grief, providing support and guidance through the grieving process.

Other books recommended:

“Suffering is Never for Nothing” by Elizabeth Elliott

“Many Masters, Many Lives” by Brian Weiss

“Everybody’s Got Something” by Robin Roberts

“Bittersweet” by Susan Cain

“On Death and Dying” by Elisabeth Kübler-Ross

“First You Have to Row a Little Boat: Reflections on Life & Living” by Richard Bode

“Time is a Mother” by Ocean Vuong

“The Invisible String” (for children) by Patrice Karst

# SELF CARE TIPS

**GRIEF IS ONE OF THE MOST PAINFUL FEELINGS AND EXPERIENCES WE GO THROUGH. IT IS VITAL TO TAKE CARE OF YOURSELF DURING THIS TIME.**

Allow yourself to feel. Grief can come with a range of emotions anywhere from sadness, anger, guilt, to anxiety. You can release and express these emotions in a healthy way by talking to a trusted friend or family member, journaling, seeing a therapist, or engaging in a meditative and creative outlet.

Practice self-compassion. Be kind and gentle with yourself and try not to judge the emotions and feelings that arise during your grieving process. Remember: you are human, and you are going through an extremely difficult time. Give yourself grace and be patient. Better days are ahead.

Take care of your physical health. Eating well, getting enough rest, and engaging in physical activity can help support your mental well-being during this time. Find a new hiking trail, join a yoga studio, find a gym to lift weights - whatever it is, move your body. When our body moves, our mind finally gets to rest.

Practice all the self-care in the world. Get a massage, read a book in your favorite nook or coffee shop, listen to your favorite album on a record player, light a candle, take a warm bath, spend time in nature, and have a spa day. Whatever it is that brings you joy and relaxation, do that.

## SELF CARE CONT.

Treat yourself and allow yourself to be present in those little moments that are just for you to enjoy.

Set realistic expectations. Understand that grieving is a process and healing takes time. Don't feel pressure to "get over" something within a certain timeline. Allow yourself to be. It will be painful at times, but those painful moments happen less and less as time goes on. Whenever you feel overwhelmed, sit down and breathe deeply, and remind yourself everything will be okay. Your loved one is no longer in pain, and all they want is for you to be happy.

Here is a list of little things that may cheer you up:

- Get a good night's sleep
- Have a cup of tea or coffee in the morning without your phone
- Take a relaxing bath or shower
- Listen to your favorite playlist or song on a walk
- Have a cozy night in with friends
- Spend time outdoors in nature
- Read a good book
- Enjoy a delicious meal or treat
- Take a break from work or daily routines every so often
- Do an act of kindness for someone else
- Practice gratitude by reflecting on things to be thankful for

Happiness can be found in the little things in life. It's important to prioritize self-care and take time to appreciate how far you've come.



# MENTAL HEALTH

It's okay to not be okay. The loss of a loved one is going to turn your world upside down and you may feel extreme heaviness and darkness.

Seek support. Talk to someone you trust about your feelings. This can be a friend, family member, therapist, or counselor. You may have trouble completing your normal daily tasks of cleaning, doing laundry, cooking, or picking the kids up from school. Ask for help. Accept their help. People love you and want to support you during this time, so lean on them. After all, what are family and friends for?

If you are struggling with feelings of depression, anxiety, or other mental health issues related to the loss, please consider seeking counseling. A trained professional can help you work through your emotions and develop lifechanging coping strategies.



# MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline: provides 24/7 support for individuals in distress or at risk of suicide. Call 1-800-273-8255

Crisis Text Line: provides 24/7 support for individuals in crisis via text message. Text HOME to 741741

National Alliance on Mental Illness (NAMI): provides education, support, and advocacy for individuals and families affected by mental illness. Visit [nami.org](http://nami.org).

Substance Abuse and Mental Health Services Administration (SAMHSA): provides information, resources, and treatment options for individuals struggling with mental health and substance abuse issues. Visit [samhsa.gov](http://samhsa.gov)

Mental Health America: provides information, resources, and advocacy for individuals and families affected by mental health concerns. Visit [mentalhealthamerica.net](http://mentalhealthamerica.net)

Therapy and counseling: a mental health professional, such as a therapist or counselor, can provide support, guidance, and treatment for a wide range of mental health concerns.

Support groups: many organizations offer support groups for individuals and families affected by mental health concerns. Google local support groups in your area to find one closest to you.

# SOCIAL MEDIA

LISTED BELOW ARE A FEW INSTAGRAM/SOCIAL MEDIA ACCOUNTS THAT FOCUS ON GRIEVING AND MAY BRING YOU COMFORT DURING THIS TIME.

@thegriefcase

@thestorytellerco

@learningaboutgrief

@grievingwell

@greetingrief

@optionb

@alexammadyarov

@deadtalkspodcast

@summerforlenza

@lemonsbytay



# CHAKRAS



**CHAKRAS (PRONOUNCED "CHALK-RAHS") CAN PROVIDE A FRAMEWORK FOR UNDERSTANDING AND ADDRESSING THE EMOTIONAL AND ENERGETIC ASPECTS OF THE GRIEVING PROCESS. WHILE GRIEF IS A COMPLEX AND PERSONAL EXPERIENCE, WORKING WITH THE CHAKRAS CAN SUPPORT HEALING AND PROVIDE A SENSE OF BALANCE. HERE'S HOW CHAKRAS CAN HELP WITH GRIEVING:**

- Root Chakra (Muladhara): Grief can create feelings of instability and insecurity. Grounding practices that focus on the root chakra, such as connecting with the earth, walking barefoot, or engaging in grounding exercises, can help provide a sense of stability and security during the grieving process.
- Sacral Chakra (Svadhithana): Grief can impact emotions, creativity, and sexuality. Nurturing the sacral chakra through creative outlets like art, music, or journaling can serve as a form of emotional expression and release. Engaging in self-care practices that promote emotional well-being, such as taking baths or connecting with loved ones, can also support healing.
- Solar Plexus Chakra (Manipura): Grief can affect one's sense of personal power and self-esteem. Nurturing the solar plexus chakra through activities that boost confidence, such as affirmations, self-reflection, or engaging in empowering exercises, can help restore a sense of personal strength during the grieving process.
- Heart Chakra (Anahata): Grief is deeply connected to matters of the heart. Working with the heart chakra through practices of self-compassion, forgiveness, and cultivating love and gratitude can help process and heal emotional wounds. Opening the heart chakra can also foster connection and support from others during the grieving journey.



- Throat Chakra (Vishuddha): Grief can sometimes lead to difficulties in expressing emotions or communicating one's needs. Practices that focus on the throat chakra, such as journaling, talking to a trusted friend or therapist, or engaging in gentle vocal exercises, can support the release of emotions and facilitate effective communication.
- Third Eye Chakra (Ajna): Grief often brings profound questions and a search for meaning. Practices that stimulate the third eye chakra, such as meditation, mindfulness, and reflection, can provide clarity, insight, and a deeper understanding of the grieving process.
- Crown Chakra (Sahasrara): Grief can create a sense of disconnection and loss of spiritual connection. Engaging in practices that promote spiritual connection, such as meditation, prayer, or connecting with nature, can help restore a sense of transcendence and provide solace during the grieving process.



# HEALING CRYSTALS FOR GRIEVING

**CRYSTAL ENERGY CAN PROMOTE GENTLE HEALING, EMOTIONAL BALANCE, COMFORT, AND CARE FOR THOSE WHO ARE NAVIGATING THE COMPLEX LAYERS OF GRIEF. THESE SELECTED CRYSTALS AIM TO PROVIDE STABILITY, RESTFULNESS, AND AN ENDURING SOURCE OF LIGHT. THEY SERVE TO KEEP YOU GROUNDED, MAINTAIN EMOTIONAL EQUILIBRIUM, AND ENSURE A SENSE OF SOLACE THAT REMAINS CONSTANT.**

Carnelian- comforting, warm, great for balancing energy and moving through the motions of grief. This stone can give you the strength to carry the heavy weight that comes with significant loss, and gives you the courage to connect with others who have experienced a similar loss.

Rose quartz- soothing, has an aura of calm, can be particularly helpful during the bargaining stage of grief when feelings of guilt and self-blaming overwhelm you. This stone reminds you to love yourself during all peaks and valleys.

Rhodonite- promotes gentle acceptance, this stone can help you digest shock and heal old wounds. It helps you let go of emotions that are no longer serving you and move towards accepting your new reality.

## HEALING CRYSTALS CONT.

Moonstone- helps you move through the cycles of change. This stone reminds us just like the tides, our emotions come in waves and cycles. It helps with the numbness of depression and controls surges of anger.

Pyrite- for adrenal burnout protection. During this time of heavy emotion, anxiety builds up and can lead to exhaustion. Pyrite helps absorb this energy and brings balance to your emotional healing.

Amethyst- a natural tranquilizer. This stone is incredible for quieting the mind and soul and allowing the body to rest, especially for those having trouble sleeping. It can bring you back to your core and help release feelings of anger and anxiety.

Smoky quartz- for staying grounded. This stone helps you feel grounded and rooted in a time that you've lost sense of who you are and what your purpose is. This stone helps shift negative energy into positive and promotes the healthy process of facing your emotions when you feel lost.

# HOW TO USE HEALING CRYSTALS

Find solace and peace by wearing gemstone jewelry, allowing the stone to provide comfort as it rests against your skin. This practice also enables healing vibrations to directly reach the heart or any chakra that requires support.

Place a soothing gemstone beneath your pillow to invite restful sleep and alleviate negative emotions that may disturb your nights.

Whenever waves of emotions surge, hold a worry stone in your hand, allowing the crystal to help ground you and provide a sense of stability.

Meditate with the crystal, or place it on the specific chakra that requires healing. For instance, if you're experiencing the sharp pain of heartbreak, you can place a crystal symbolizing unconditional love on your heart chakra. Likewise, if you need to access intuition during this process, you can place one of the recommended crystals on your forehead to activate the third eye chakra and enhance intuitive abilities.



# PLANTS AND FLOWERS FOR HEALING

**BEING IN THE PRESENCE OF PLANTS CAN CREATE A CONNECTION WITH THE NATURAL WORLD, OFFERING A SENSE OF PEACE, TRANQUILITY, AND GROUNDING. SPENDING TIME IN GREEN SPACES CAN HELP PROMOTE MOMENTS OF RESPITE AND REJUVENATION DURING THE GRIEVING PROCESS.**

White Rose- it's presence in your garden has the power to awaken your senses and promote a sense of relaxation, allowing you to peacefully remember your loved one.

Forget-me-not- these flowers not only add visual appeal to your garden but also provide a refreshing sensation, instantly uplifting the energy around you and bringing you a sense of joy.

White Lily- a symbol of purity and represents rebirth and new beginnings, white lilies grow taller and stronger each year, reminding us of life's continuity.

Mourning Widow- though not showy, their rich foliage and butterfly-attracting flowers provide a grounding sensation.

Fairy Wings- adaptable and resilient, their lush, heart-shaped foliage remains vibrant throughout most of the year. Fairy Wings' bell-shaped flowers and serene foliage inspire both calmness and resilience.

# PLACES TO GRIEVE

**GRIEVING IS A DEEPLY PERSONAL EXPERIENCE, AND DIFFERENT INDIVIDUALS FIND SOLACE IN DIFFERENT ENVIRONMENTS. HERE ARE SOME SAFE SPACES THAT YOU MAY FIND HELPFUL FOR GRIEVING:**

Home. You may find comfort in the familiar and private space of your own home. It allows for solitude and the freedom to express emotions without judgment.

Nature. Spending time in natural surroundings can be soothing and provide a sense of peace. Parks, gardens, forests, or beaches offer serene environments for reflection and healing.

Places of Worship. If you have religious or spiritual beliefs, places of worship such as churches, temples, synagogues, or mosques can offer a sense of solace, community, and guidance during times of grief.

Memorial Sites. Visiting the gravesite or memorial of a loved one can provide you with a sense of connection and a space to remember and honor their memory.

Support Groups. Grief support groups or counseling centers can be valuable places to grieve as they provide a supportive and understanding community. Sharing experiences with others who have also experienced loss can offer comfort and guidance.

Artistic Spaces. Engaging in creative outlets like painting, writing, or music can be cathartic during the grieving process. Art studios, writing groups, or music venues can provide spaces for expression and healing.

Retreat Centers. Retreat centers, often located in serene natural settings, offer dedicated spaces for reflection, meditation, and healing. They may provide programs or workshops specifically designed for individuals experiencing grief.

Libraries or Bookstores. You might find solace in literature and books that explore grief and offer guidance through the grieving process. Libraries or bookstores can provide a calm and contemplative environment to read and find comfort in words.



# REMEMBER.

In times of grief, it is crucial to remember that you do not have to navigate the complexities of loss alone. Grief resources serve as guiding lights, offering solace and support throughout the coping process. Whether through support groups, therapy, online communities, or specialized counseling services, these resources provide a safe space for you to express your emotions, share your stories, and find comfort in the company of others who have experienced similar journeys. They offer valuable tools, techniques, and insights that can help you navigate the turbulent waves of grief, empowering you to heal, grow, and ultimately find meaning amidst the pain. By embracing these resources, you open yourself up to the transformative power of connection, understanding, and the collective strength of those who have walked the path before you.

**WITH LOVE,**

*elizabeth*



**"WHAT WE ONCE ENJOYED  
AND DEEPLY LOVED WE CAN  
NEVER LOSE, FOR ALL THAT  
WE LOVE DEEPLY BECOMES  
PART OF US."**

**-HELLEN KELLER**

