

Resources For Grief™



Presents

The Grief Support Mailings

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MENU OF TOPICS

Letters

Educational Enclosures

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

Month 4 - Managing Difficult Emotions

First-Aid for Difficult Emotions

Month 5 - Nurturing the Wounded Self

A Wholistic Approach to Grief

Month 6 - Coping with the Stress of Change

12 Ways to Manage Stress

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