

**“Grief never ends, but it changes.
It’s a passage, not a place to stay.
Grief is not a sign of weakness nor a
lack of faith. It’s the price of love.”**

– David Kessler



**And lastly, love never dies, it will
return in another way! May you find
comfort in knowing that your loved
one's spirit is always with you – stay
connected by talking and watch for
signs of their presence all around!**

Loving you
changed my life.

It should come as
no surprise
that losing you
has done the same.

Resources to Navigate Grief

**I wake up and miss you;
I miss you during the day;
I go to sleep and miss you;
Now. Always. Forever!**



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In Memory of My Daughter, Veronica

Self Care

- Get extra sleep
- Get fresh air - take a walk
- Nourish your body
- Talk with a trusted friend
- Seek out professional counseling
- Speak of your loved one to keep their memory present
- Make a donation to an organization in your loved one's memory
- Volunteer
- Try to limit alcohol and substances
- Keep a journal
- Allow yourself alone time to reflect
- Engage in activities that are uplifting
- Become an advocate for a cause



Support

The Compassionate Friends offers online support and regional in-person support groups specific to your situation - the loss of a child/sibling/parent/spouse/partner, etc., and has a newsletter.

The Calm App has a multitude of offerings, daily mindfulness messages, body movement, music, stories, and more. It is about \$70 per year.



Although the situations of our loved ones departure are not the same, the raw reality is that they are physically gone. A leg of our stool has been removed and can leave us feeling “unbalanced”, and unfortunately there is no replacing that leg with another. Our loved one will be forever missed at celebrations, Holiday gatherings, every day of our lives. As joyous moments are experienced, there will always be a pang of sadness for not being able to share it with them. In their absence, it is good to think of new traditions to hold space for them and keep their spirit present.

First and foremost, we all grieve differently - it’s not a simple nor linear path. You might be a pillar of strength, but even rocks can crack or chip. Don’t think that tears, seeking guidance from a therapist, or asking for support from a good friend are signs of weakness – they are actually signs of strength.

And in weak moments, it is good to absorb strength through others. There is no right or wrong for navigating grief – only to do it on your own terms.

Books, Poems, and Writings

Tear Soup: A Recipe for Healing After Loss, by Pat Schwiebert and Chuck DeKlyen

It's Ok That You're Not Ok - Meeting Grief and Loss in a Culture That Doesn't Understand, by Megan Devine

Finding Meaning: The Sixth Stage of Grief, by David Kessler

The Grieving Brain - The Surprising Science of How We Learn from Love & Loss, by Mary-Frances O'Connor, PhD

Prayers of Honoring Grief, by Pixie Lighthouse



A Bed for My Heart - writings

Compassionate Friends - Inspirational Writings

Loss: Poems to Better Weather the Many Waves of Grief, by Donna Ashworth

After the Darkest Hour, the Sun Will Shine Again - A parent's guide to coping with the loss of a child, by Elizabeth Mehrenittle