

*Towards A Deeper Understanding...*

Bereavement: "to be torn apart", "to have special needs", "to be robbed"

Example = I am in "a state of loss."

Resources

- 1) [The Collective for HOPE](#) (*Bereavement Support Programs – Omaha, NE*)
- 2) [Center for Loss & Life Transition](#) (*I'm Grieving a Loss - Fort Collins, CO*)
- 3) [The Kim Foundation](#) (*Suicide Survivor Resources – Omaha, NE*)

Grief<sub>1</sub>: The constellation of internal thoughts and feelings we have when someone/something we love dies

Example = Visualize a container that holds all your thoughts, feelings, and images of your experience when you are bereaved

Resources

- 1) [Complicating Factors](#) (*GrieveWell - Ann Arbor, MI*)
- 2) [What do I believe happens after death?](#) (*Stanford Encyclopedia of Philosophy – Stanford, CA*)
- 3) [The Mind-Body Connection](#) (*Insight Timer App – Sydney, New South Wales*)
- 4) [How Long Does Grief Last](#) (*Monarch article by Casey O'Brien*)

Grief<sub>2</sub>: The internal meaning given to the experience of loss.

Example = I am suffering... my loved one provided (& provides?) me a unique opportunity to heal, love, grow, serve.

Resources

- 1) [Refuge in Grief](#) (nationally recognized therapist & author, Megan Devine – Los Angeles, CA)
- 2) [The Dougy Center](#) (national grief support resource – Portland, OR)
- 3) [Mindfulness & Grief](#) (mindfulness expert, Dr. Jon Kabat Zinn – New York City, NY)

Mourning: When we take the grief you have on the inside and express it outside of ourselves (i.e. "grief gone public", "the outward expression of grief")

Example = talking about the person, crying, expression through art, music, celebrating anniversary dates

Resources

- 1) [The Continuum of Instrumental & Intuitive Mourning](#) (*MyGriefAssist – North Sydney, New South Wales*)
- 2) [The Power of Rituals to Heal Grief](#) (*Psychology Today article by Dr. David Feldman*)
- 3) [Creating Meaningful Purposeful Goals](#) (*Viktor Frankl Institute – Stanford, TX*)



Words	Resource Links
Bereavement	<a href="https://thecollectiveforhope.org/about-us/">The Collective for HOPE</a> <a href="https://thecollectiveforhope.org/about-us/">https://thecollectiveforhope.org/about-us/</a> <a href="https://www.centerforloss.com/grief/grief-mourning-basics/">Center for Loss &amp; Life Transition</a> <a href="https://www.centerforloss.com/grief/grief-mourning-basics/">https://www.centerforloss.com/grief/grief-mourning-basics/</a> <a href="https://thekimfoundation.org/who-we-are/">The Kim Foundation</a> <a href="https://thekimfoundation.org/who-we-are/">https://thekimfoundation.org/who-we-are/</a>
Grief <sub>1</sub>	<a href="https://www.grievewell.com/for-supporters/factors-that-can-lead-to-complicated-grief/">Complicating Factors</a> <a href="https://www.grievewell.com/for-supporters/factors-that-can-lead-to-complicated-grief/">https://www.grievewell.com/for-supporters/factors-that-can-lead-to-complicated-grief/</a> <a href="https://plato.stanford.edu/entries/afterlife/">What do I believe happens after death?</a> <a href="https://plato.stanford.edu/entries/afterlife/">https://plato.stanford.edu/entries/afterlife/</a> <a href="https://insighttimer.com/">The Mind-Body Connection</a> <a href="https://insighttimer.com/">https://insighttimer.com/</a> <a href="https://meetmonarch.com/health-resources/articles/grief/how-long-does-grief-last">How Long Does Grief Last</a> <a href="https://meetmonarch.com/health-resources/articles/grief/how-long-does-grief-last">https://meetmonarch.com/health-resources/articles/grief/how-long-does-grief-last</a>
Grief <sub>2</sub>	<a href="https://refugeingrief.com">Refuge in Grief</a> <a href="https://refugeingrief.com">https://refugeingrief.com</a> <a href="https://www.dougy.org/about/our-story/our-inspiration">The Dougy Center</a> <a href="https://www.dougy.org/about/our-story/our-inspiration">https://www.dougy.org/about/our-story/our-inspiration</a> <a href="https://www.youtube.com/watch?v=m6oCYrjqEHI">Mindfulness &amp; Grief</a> <a href="https://www.youtube.com/watch?v=m6oCYrjqEHI">https://www.youtube.com/watch?v=m6oCYrjqEHI</a>
Mourning	<a href="https://www.mygriefassist.com.au/factsheets/factsheet-24-intuitive-vs-instrumental-grievors/">The Continuum of Instrumental &amp; Intuitive Mourning</a> <a href="https://www.mygriefassist.com.au/factsheets/factsheet-24-intuitive-vs-instrumental-grievors/">https://www.mygriefassist.com.au/factsheets/factsheet-24-intuitive-vs-instrumental-grievors/</a> <a href="https://www.psychologytoday.com/us/blog/supersurvivors/201909/the-power-rituals-heal-grief">The Power of Rituals to Heal Grief</a> <a href="https://www.psychologytoday.com/us/blog/supersurvivors/201909/the-power-rituals-heal-grief">https://www.psychologytoday.com/us/blog/supersurvivors/201909/the-power-rituals-heal-grief</a> <a href="https://www.viktorfranklinstitute.org/wp-content/uploads/2023/10/hutzell_workbook_2009-1.pdf">Creating Meaningful Purposeful Goals</a> <a href="https://www.viktorfranklinstitute.org/wp-content/uploads/2023/10/hutzell_workbook_2009-1.pdf">https://www.viktorfranklinstitute.org/wp-content/uploads/2023/10/hutzell_workbook_2009-1.pdf</a>
Loss-specific Resources	<a href="https://thetearsfoundation.org">Loss of infant child</a> <a href="https://thetearsfoundation.org">https://thetearsfoundation.org</a> <a href="https://nationalwidowers.org">Widowers</a> <a href="https://nationalwidowers.org">https://nationalwidowers.org</a> <a href="https://thenwaonline.com">Widows</a> <a href="https://thenwaonline.com">https://thenwaonline.com</a>

