



# Fostering Hope in Times of Loss



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief



## The Ball and the Box Grief Analogy

## The Six Mourning Needs

### Mindfulness Exercises

Because grief can leave a person feeling anxious, mindfulness exercises can serve well. Being mindful means paying attention to the present moment, exactly as it is. It is really hard to be anxious if you are completely focused on the present moment – what you are sensing and doing RIGHT NOW ... and NOW ... and NOW.

BE KIND  
TO YOUR  
MIND

### Ritual and Symbolism as a Pathway to Hope

## The Tasks of Grief TEAR

- T**O ACCEPT THE REALITY OF THE LOSS
- E**XPERIENCE THE PAIN OF THE LOSS
- A**DJUST TO THE NEW ENVIRONMENT WITHOUT YOUR LOVED ONE
- R**EINVEST IN THE NEW REALITY

J. William Worden

## Community Resources Directory



# Children and Grief.



10 Things  
Grieving  
Children Want  
You to Know.

How to Help a Friend  
Dealing with Grief.

Coping with Grief.  
Activities for Children  
and Teens

Supporting  
Young Children  
in their Grief.



5 Tips for Helping Support  
Grieving Students



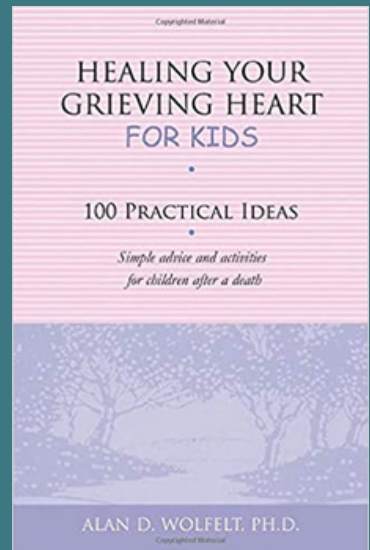
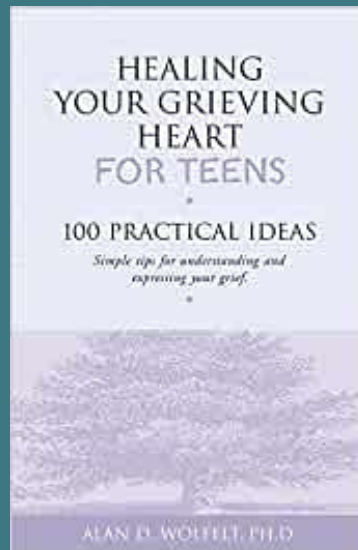
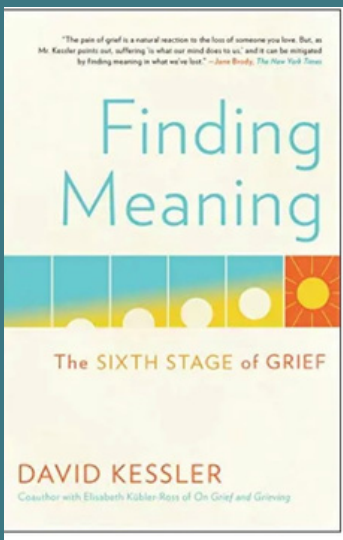
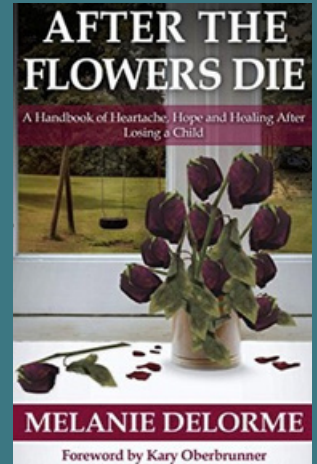
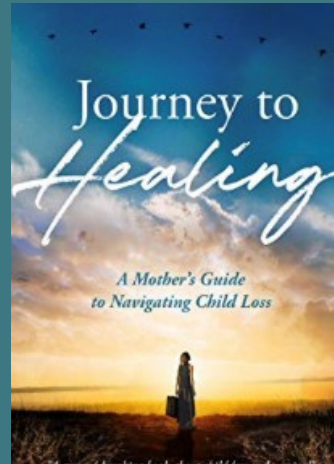
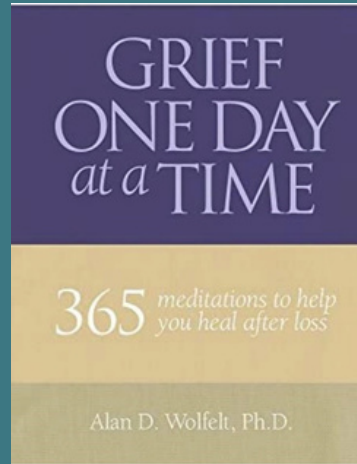
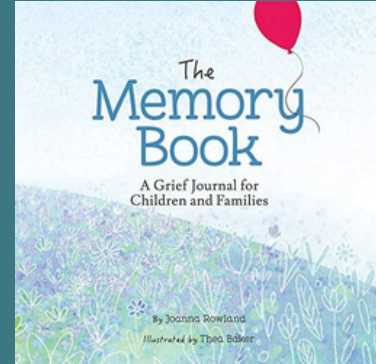
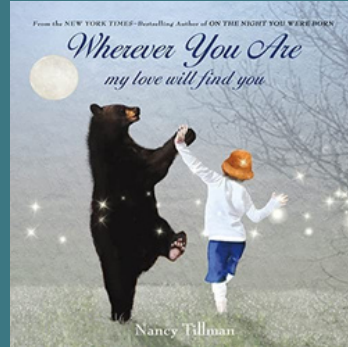
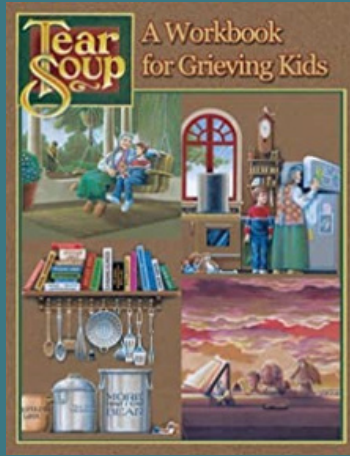
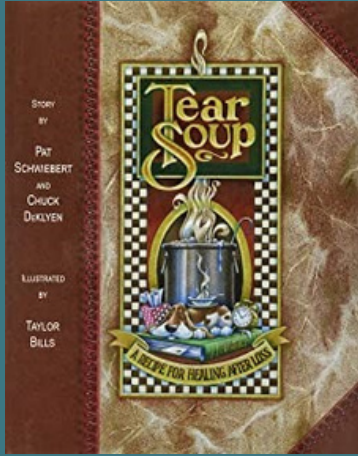
## For Educators



When students are facing a serious illness or the dying or death of a family member, school staff are often a key support to the child. The Children and Youth Grief Network has created a video series to inform school staff on how to best support grieving children and youth in the school and in the classroom.



# Grief Resources



Tear Soup Video



# Teen Grief



Teen Grief.

Helping a Teenager Deal with Grief

Fostering Hope Daily.

English and French Resources for supporting children and Teens

Developmental Responses to Grief.

Resources for Parents and Caregivers

**GRIEF** Affirmations

- I can have a good time and still be grieving.
- I try to be gentle with myself while grieving.
- I did the best I could with what I had at the time.
- I can accept help, without shame, when I need it.
- I am allowed to grieve however feels right, with no time limits.
- I deserve to create and respect my own boundaries.



# **The Mourner's Bill of Rights**

*by Alan D. Wolfelt, Ph.D.*

- 1. You have the right to experience your own unique grief.**
- 2. You have the right to talk about your grief.**
- 3. You have the right to feel a multitude of emotions.**
- 4. You have the right to be tolerant of your physical and emotional limits.**
- 5. You have the right to experience "griefbursts."**
- 6. You have the right to make use of ritual.**
- 7. You have the right to embrace your spirituality.**
- 8. You have the right to search for meaning.**
- 9. You have the right to treasure your memories.**
- 10. You have the right to move toward your grief and heal.**

# Grieving Kid's BILL OF RIGHTS

As written by Good Grief Teens

EVERY GRIEVING KID HAS THE RIGHT TO:

- ♥ Attend the funeral of the person who died.  
Know the details of the death. ♥
- ♥ Ask as many questions as they want.  
Have their personal space respected. ♥
- ♥ Grieve the way they want to grieve.  
Feel what they want to feel. ♥
- ♥ Cry whenever they feel the need to.  
To be able enjoy themselves. ♥
- ♥ Not be expected to always be happy.  
To talk about grief when they want to. ♥
- ♥ Not talk about grief when they don't want to.  
Have fun days, and not talk about death. ♥
- ♥ Not receive unnecessarily long hugs.  
Be treated the same as before the death. ♥

♥ Have people remember that they are still grieving. ♥

# Christmas & Grief



## Holidays and Grief.

Alan Wolfelt on Acknowledging the Potential of Holiday Blues: Practical Tips to Survive & Thrive

This video with Dr. Alan Wolfelt provides some practical counsel to assist you in maintaining mental health wellness during the holidays. While the holidays can result in joy, they can also result in conflicts within your family, illustrate differences between generations, and sometimes between spouses and significant others. Dr. Wolfelt will provide you with some practical tips to not only survive any potential holidays blues, but also outline some ways you can potentially thrive.

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25 Creative Ways of Remembering Loved Ones at Christmas

Getting Through the Holidays Tip Sheets