



Toolkit for Grieving Adults



bridges

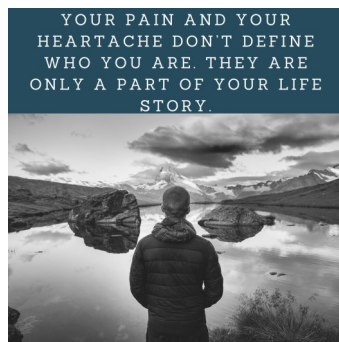
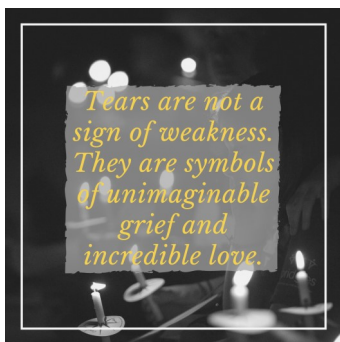
resources for end-of-life realities

www.BridgesSC.org

Even as an adult, it's OK to struggle with grief; losing someone you love can be extremely difficult. The overwhelming feeling that grief brings can be magnified with all the responsibilities that adults feel they need to also take care of simultaneously. It is important to allow ourselves to accept and express the emotions we experience during grief. Suppressing these emotions can cause our emotional, physical, and mental states to deteriorate. First and foremost, it is important to take care of yourself so that you can support others. Developing and sticking to a daily self-care plan, reading books, expressing your emotions, and staying connected to friends and family can help guide you through your unique grief journey.

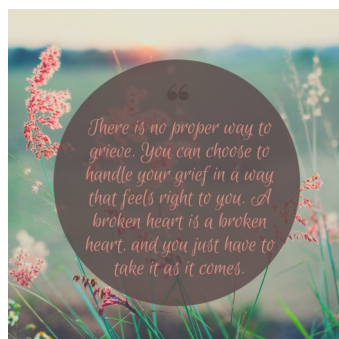
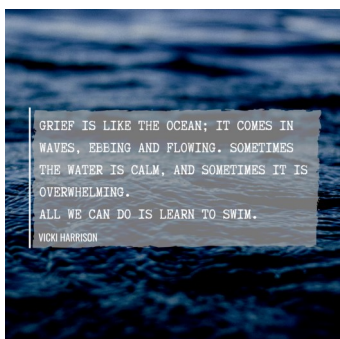
Self Care Ideas

- ◆ Attend a local grief support group
- ◆ Read a book
- ◆ Attend an exercise class
- ◆ Talk with friends or family—Don't Isolate
- ◆ Focus on an art project
- ◆ Journaling
- ◆ Develop rituals & traditions to remember loved ones
- ◆ Meditation—Deep Breathing Activities
- ◆ Speak with a therapist
- ◆ Express your emotions
- ◆ Watch sunrises & sunsets



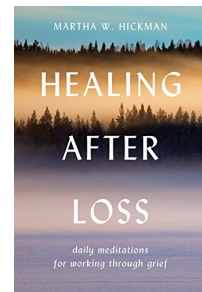
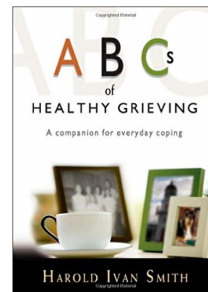
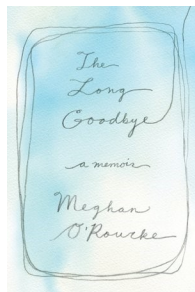
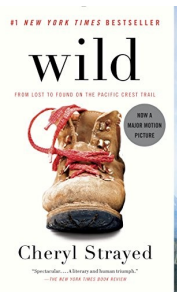
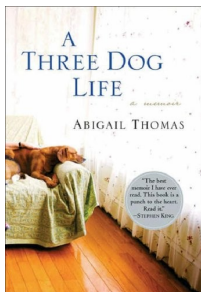
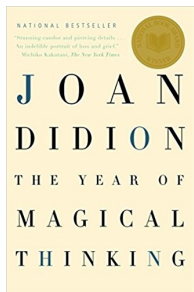
Websites & Other Resources

- What's Your Grief: www.whatsyourgrief.com
- Bereaved Parents USA: www.bereavedparentsusa.org
- Compassionate Friends: www.compassionatefriends.org
- Winston's Wish (Adult's Bereaved as Children): www.winstonswish.org/
- Grief Healing Blog: www.griefhealingblog.com
- Option B: www.optionb.org
- Open to Hope: www.opentohope.com
- Modern Loss: <https://modernloss.com/>



Books to Read

- “The Year of Magical Thinking” by Joan Didion (Available on [Amazon](#))
- “A Three Dog Life” by Abigail Thomas (Available on [Amazon](#))
- “Wild” by Cheryl Strayed (Available on [Amazon](#))
- “The Long Goodbye” by Meghan O’Rourke (Available on [Amazon](#))
- “ABCs of Healthy Grieving: A Companion for Everyday Coping” by Harold Ivan Smith (Available on [Amazon](#))
- “Healing After Loss: Daily Meditations for Working Through Grief” by Martha W. Hickman (Available on [Amazon](#))
- “It’s Ok that You’re Not Ok” by Megan Devine (Available on [Amazon](#))



To recommend additional resources to this toolkit, please contact:
Programs@BridgesSC.org.

Visit BridgesSC.org for more information.