

3 Tips to Help Navigate Your Grief

1. Explore Grief & Loss Support

As someone who's experienced significant loss, I understand that not everyone's journey and grief experience is the same.

For times when you're feeling alone or isolated, it can be a comfort to seek support from others who "get it". Seeking out a grief counselor or support group could be an important step. You might also find comfort in online communities.

Here are some websites that myself or my clients have found helpful:

What's Your Grief

What's Your Grief is a place for grief education, articles, sharing, support, and more.

[learn more >](#)

Hope Floats Healing

A bereavement and educational center for adults, children, teens, and their families who are grieving, dealing with illness, or facing other life challenges.

[learn more >](#)

Refuge in Grief

Refuge in Grief is a grief support and writing community.

[learn more >](#)

Be Ceremonial

Be Ceremonial is the world's first ceremony creation platform, empowering you to choose from secular and universal rituals to create a ceremony unique to you.

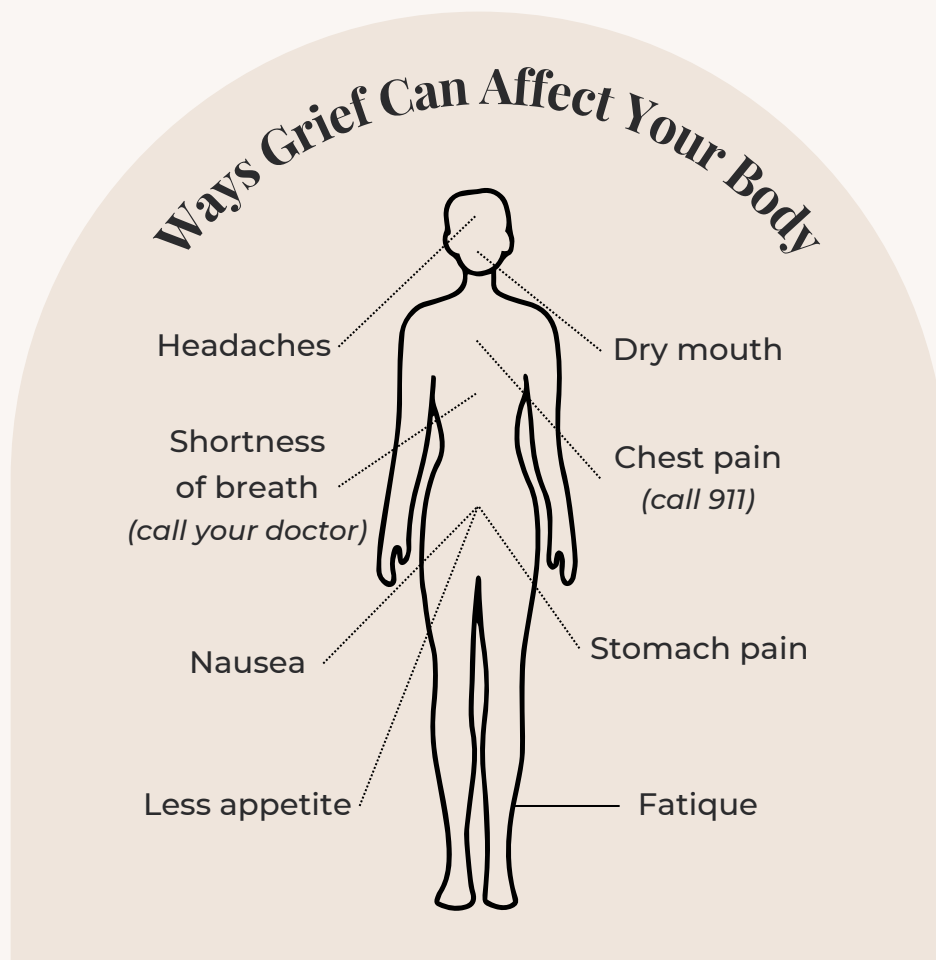
[learn more >](#)

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2. Learn About the Grief Experience & Seek Out Resources

Grief causes all sorts of physical symptoms we may not be aware of. Loss of appetite, fatigue, headaches, and nausea are all linked to grief.

Learning more about the physical symptoms can help you make sense of the process.



Check out these articles to learn more about the physical symptoms of grief:

[How Grief Affects Your Body](#)

[Physical Grief Symptoms](#)

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3. Read Top-Rated, Helpful Books on Grief & Loss

[The Artist's Grief Deck](#)

No matter where you are in your grief journey, The Grief Deck offers sensitive and supportive tools to help you process your emotions. It's 60 illustrated cards, created by a diverse array of artists and grief workers, offering thoughtful prompts, simple activities, richly textured artwork, and grounding resources for coping with loss.

[It's Ok You're Not Ok](#) by Megan Devine

Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to "solve" grief. Megan writes, "Grief no more needs a solution than love needs a solution". It's Ok That You're Not Ok is a book for grieving people, those who love them, and all those seeking to love themselves - and each other - better. In this book, you'll learn:

- Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief
- How challenging the myths of grief - doing away with stages, timetables, and unrealistic ideals about how grief should unfold - allows us to accept it as a mystery to be honored instead of a problem to solve
- Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to "fix" your pain

[Atlas of The Heart](#) by Brené Brown

A beautiful book, Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances - a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection.

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3. Read Top-Rated, Helpful Books on Grief & Loss (Cont.)

[Grief is Love](#) by Marisa Renee Lee

A trusted grief expert shares this compassionate guide on how to manage grief after the loss of a loved one and helps lead you to a point of “understanding eternal love for another” (said by Elaine Welteroth, New York Times best-selling author).

[What's Your Grief?](#) by Eleanor Haley, MS and Litsa Williams, MA, LCSW-C

A friendly and accessible book of 75 lists that will help anyone experiencing a change or loss — for readers of Maggie Smith, Cheryl Strayed, and Katherine May — from the creators of the popular What's Your Grief website and community.