



## Resources for individuals experiencing a loss.

**Pick and choose to learn more, pace yourself, these are a lot of resources. Consider sharing these resources with others experiencing any loss.**

1. **This is the [national crisis line](#)**, you can call or text. It is 988. I hope you never ever need it and please consider putting it in your phone and adding it to favorites, just so you have it. This is comparable to having health insurance: You hope you never need it but it is good to have.
2. **Columbia Gorge Local 24/7 crisis line:** 1-888-877-9147 ([Mid-Columbia Center for Living](#))
3. **Any Hospice agency has a bereavement coordinator.** They support people with grief who live in the community where the hospice is located, not only the relatives of hospice patients who died. In the Columbia River Gorge there are two hospices: Bristol (541-386-1942) and Providence (541-387-6449)
4. **Professional support:** Grief is a natural and normal reaction to loss, not a mental illness. Professional support can be very helpful to grieving individuals. Columbia Gorge local Therapists are listed on [this website](#). You can also talk to your Primary Care Provider about your grief, symptoms and ask them for suggestions and resources.
5. **These are some wise animated videos:** [The Grieving Process – Coping with Death](#) (4 min, 13 sec) and [How do you help a grieving friend?](#) (4 min)
6. **Self care is essential right now; for example:** Getting enough sleep, eating healthy food, drinking plenty of water, going for a walk, balancing time with friends and family with alone time, practicing good personal hygiene. Do things which make you happy! Here is a [good article on self care while grieving](#), it gives 19 self care tips.
7. **Be kind to yourself, you are grieving** ❤️. Here is some information on [physical symptoms grievers](#) might experience. Fatigue, insomnia, aches and pains, headaches, forgetfulness, difficulty focusing, appetite or digestive changes are some of them.
8. **A recent loss is a huge change. Try to minimize additional changes in the weeks following the loss**, such as starting a new self care routine or sport (do what is familiar to you), major life changes such as moving, changing a job or major relationship changes.

Gorge End of Life Services, LLC • Carola Stepper, RN, CHPN, LAc  
[www.GorgeEndofLifeServices.com](http://www.GorgeEndofLifeServices.com) • [Care@GorgeEndofLifeServices.com](mailto:Care@GorgeEndofLifeServices.com)  
541-399-1919 • PO Box 602, Hood River, OR 97031



9. **Do not try to "fit your emotions into the five distinct, linear stages: denial, anger, bargaining, depression, acceptance"** (by Elizabeth Kuebler Ross)! Unfortunately these stages have been misinterpreted for many years by many people. She intended those stages for people getting diagnosed with a terminal illness and not for people grieving a loss. Each person has their own individual relationship with the person or pet they are grieving, and their way of grieving their loss is 100% individual.
10. **Express your emotions as they come up, cry as it comes up** if at all possible. This is normal and especially doing this, starting right after the loss has been helpful to many grieverers. Often simply speaking out loud how you feel can be helpful ("I feel sad" for example). Having a trusted person witness you and your feelings and having them acknowledge your feelings, without them trying to "fix" you or give you advice on what to do can be very powerful. See also the videos under # 5.
11. **Many people are not comfortable around individuals who are grieving.** Often they don't know what to say or have a fear of saying "the wrong thing". You might have been in this situation yourself in the past. So, if some people don't reach out to you, it might be due to this dynamic. Try not to take this personally, focus on the people who do reach out and offer their support.
12. **There are many different kinds of [grief groups](#) or circles available** where grieverers meet in person or virtually and share about their grief experiences.
13. **I offer [Grief Recovery Method classes](#).** They are based on [The Grief Recovery Handbook](#), which has been translated into 30 languages. These classes have helped countless grieverers for over 40 years. They teach tools which can be applied to current, past and future losses. It is the only evidence based method available to grieverers and can be started as early as about two weeks after the loss happened. I offer them on Zoom, one on one (7 weekly classes, one hour each) or in groups (8 weekly classes, two hours each, 3-8 people). I also offer online classes for pet loss as well as helping adults to learn tools to help children with loss. [Contact me](#) if you would like to learn more.



14. **Watch if you are possibly using “Short Term Energy Relieving Behaviors” to deal with your grief.** Per the Grief Recovery Handbook (pages 77-84): They feel good for a short time, but don’t help individuals recover from their grief. Examples are: Food, alcohol, drugs, anger, exercise, fantasy (movies, TV, Social Media, Books), isolation, shopping, sex, workaholism.
15. **These are the 6 myths about dealing with grief,** according to the “Grief Recovery Handbook” (pages 26-35):

**Don’t feel bad.** For example: A child’s dog dies and they are being told “Don’t cry – we’ll get you a new dog.” “Don’t cry...” Meaning: Don’t feel bad.

**Replace the loss.** For example: A child’s dog dies and they are being told: “... we’ll get you a new dog.” Meaning: Replace the loss.

**Grieve alone.** For example: Comments like “If you are going to cry, go to your room.” or “Laugh and the whole world laughs with you, cry and you cry alone.” Meaning: Grieve alone.

**Just give it time.** For example: Comments like “Time heals all wounds.” Meaning: Just give it time. Per the Grief Recovery Book, page 32: “Time itself does not heal; it is what you do within time that will help you complete the pain caused by loss.”

**Be strong for others.** For example: Comments like “We have to be strong for your brother.” Meaning: Be strong for others.

**Keep busy.** For example: Comments like “You have to keep busy.” or, “You must stay active.” Meaning: Keep busy.

*Breathe.....I am so sorry you are experiencing emotional pain.*

*I hope some of the information above is helpful to you on your path of grieving and healing from your loss. Carola*

*Consider sharing these resources with others experiencing any loss.*