

BOOK RECOMMENDATIONS

- Dr. Elisabeth Kübler-Ross & David Kessler On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss
- David Kessler Finding Meaning: The Sixth Stage of Grief
- Sheryl Sandberg and Adam Grant, Option B: Facing Adversity, Building Resilience, and Finding Joy
- John W. James & Russell Friedman, The Grief Recovery Handbook, 20th Anniversary Expanded Edition: the Action Program for Moving Beyond Death, Divorce, and Other Losses Including Health, Career, and Faith
- Megan Devine, It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand
- <https://grief.com/books-on-grief/>
- <https://kara-grief.org/resources/books/>
- <https://nymag.com/strategist/article/best-books-grief.html>
- <https://www.allinahealth.org/health-conditions-and-treatments/grief-resources/suggested-books/books-for-grieving-children>

GRIEF GROUP RECOMMENDATIONS

<https://www.facebook.com/groups/DavidKessler>

<http://www.griefspeaks.com/id76.html>

<https://www.griefshare.org/>

BEST THINGS TO SAY TO SOMEONE GRIEVING

I am so sorry for your loss.

I wish I had the right words, just know I care.

I don't know how you feel, but I am here to help in any way I can.

You and your loved one will be in my thoughts and prayers.

My favorite memory of your loved one is...

I am always just a phone (video or text) call away

Give a hug instead of saying something

We all need help at times like this, I am here for you

I am usually up early or late, if you need anything

Saying nothing, just be with the person

ONLINE RESOURCES

<https://grief.com/>

<https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

<https://www.apa.org/news/apa/2020/04/grief-covid-19>

<https://complicatedgrief.columbia.edu/professionals/complicated-grief-professionals/overview/>

<https://www.businessinsider.com/sheryl-sandberg-on-grief-resilience-coronavirus-how-to-persevere#know-that-its-ok-to-not-feel-ok-1>

<https://www.adec.org/page/ADECconvo3>

<https://www.griefshare.org/>

<http://www.centralcounselingservices.net/grief-loss>

<https://hospicebythebay.org/types-of-care/grief-support/>

<https://hospicebythebay.org/calendar/category/grief-support-groups/>

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

RESOURCES FOR CHILDREN AND TEENS

<https://www.dougy.org/grief-resources/help-for-kids/>

<https://childrengrieve.org/resources/about-childhood-grief>

<https://childmind.org/guide/helping-children-cope-grief/>

<https://www.hopeforthebrokenhearted.com/grief-resources-for-teens/>

<https://whatsyourgrief.com/helping-a-teenager-deal-with-grief-2/>

<https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>

PRINT RESOURCES

[Managing Bereavement around the COVID - 19](#)

[Mourner's Bill of Rights](#)

[Finding the Right Words to Talk with Children and Teens about Coronavirus](#)

[Emotional Ball of Grief](#)