

# SELF-HELP RESOURCES FOR GRIEF AND LOSS

*The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and other Losses*  
by James and Friedman\*

## BOOKS



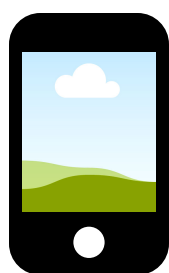
*When Bad Things Happen to Good People*  
by Harold S. Kushner

*Living Beyond Loss: Death in the Family*  
by Walsh and McGoldrick\*

*Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death* by Joan Halifax\*

\*Some books available through App State's Belk Library: [library.appstate.edu](http://library.appstate.edu)

## SMARTPHONE APPS



For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace

For mood-tracking:

- Pacifica

*Caregiver Support for Death, Loss, and Grieving:*  
[aarp.org/home-family/caregiving/grief-and-loss/](http://aarp.org/home-family/caregiving/grief-and-loss/)

## ONLINE RESOURCES



*Grief and Loss:*  
[psychcentral.com/grief/](http://psychcentral.com/grief/)

*Hospice Foundation of America:*  
[hospicefoundation.org/](http://hospicefoundation.org/)

*Modern Loss:*  
[modernloss.com/](http://modernloss.com/)

*American Foundation for Suicide Prevention: I've Lost Someone:*  
[afsp.org/find-support/ive-lost-someone/](http://afsp.org/find-support/ive-lost-someone/)

**MORE SELF HELP ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

*Collateral Beauty* (New Line Cinema, 2016):  
Explores relationships with love, time, and death.

## VIDEOS



*The Grieving Process: Coping with Death*  
[youtube.com/watch?v=gsYL4PC0hyk](https://www.youtube.com/watch?v=gsYL4PC0hyk)

*TED Talks on Grief:*  
[ted.com/playlists/526/what\\_comes\\_after\\_grief](https://www.ted.com/playlists/526/what_comes_after_grief)

*Me, Earl, and the Dying Girl* (Indian Paintbrush, 2015):  
The importance of friendship and humor in dealing with the ups and downs of life.

Office of the Dean of Students:  
(828) 262-8284  
[deanofstudents.appstate.edu/](http://deanofstudents.appstate.edu/)

## CAMPUS RESOURCES



Counseling Center:  
(828) 262-3180  
[counseling.appstate.edu](http://counseling.appstate.edu)

Campus Life: Connect with others  
and build community  
[appstate.edu/campus-life/](http://appstate.edu/campus-life/)

Wellness Center:  
(828) 262-3148  
[wellness.appstate.edu](http://wellness.appstate.edu)

## MORE IDEAS AND THERAPIST RECOMMENDATIONS



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**  
[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

This handout includes resources from:

Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.