

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*

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

BOOKS



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

For mindfulness and relaxation:

SMARTPHONE APPS



- Calm
- Breathe2Relax
- Headspace
- Insight Timer

For mood-tracking and coping:

- Sanvello
- Virtual Hope Box

Caregiver Support for Death, Loss, and Grieving:
aarp.org/home-family/caregiving/grief-and-loss/

ONLINE RESOURCES



Grief and Loss:
psychcentral.com/grief/

Hospice Foundation of America:
hospicefoundation.org/

Modern Loss:
modernloss.com/

American Foundation for Suicide Prevention: I've Lost Someone:
afsp.org/find-support/ive-lost-someone/

MORE SELF HELP ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

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/

CAMPUS RESOURCES



Counseling Center:
(828) 262-3180
counseling.appstate.edu

*Campus Life: Connect with others
and build community*
appstate.edu/campus-life/

Wellness and Prevention Services:
(828) 262-3148
wellness.appstate.edu

MORE IDEAS AND THERAPIST RECOMMENDATIONS



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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.