

Resource Bank for

GRIEF & LOSS

Please access each resource by clicking links!

Helpful Handouts

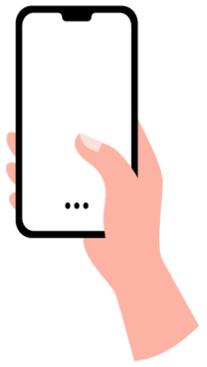
- [The Grieving Process](#)
- [Distress Tolerance](#)
- [30 Days of Self-Care Plan](#)
- [Coping with a Breakup](#)

Books and Podcasts

- [The Wild Edge of Sorrow- Francis Weller](#)
- [Healing with David Kessler Podcast](#)
- [Unlocking Us Podcast with Brene Brown and David Kessler - "Grief and Finding Meaning"](#)
- [Unlocking Us Podcast with Brene Brown and Samin Nosrat - "Grief, Gratitude and Connection"](#)

Apps

- [Finch: Self Care Widget](#)
- [Insight Timer](#)
- [Calm](#)
- [Headspace](#)
- [Pet Loss and Healing](#)



Campus Resources

- [Let's Talk-](#) Counseling and Psychological Services
- [Case Management](#)
- [Koru Mindfulness](#) - Wellness & Prevention Services



Websites & Videos

- [Coping with Grief and Loss](#)
- [Bereavement: Grieving the Loss of A Loved One](#)
- [Actively Moving Forward](#)
- [Grief.com](#)
 - On-line support group - [Tender Hearts](#)
- [Finding Hope in Hopelessness](#) Peta Murchinson
- [What Forty Steps Taught Me About Love and Grief](#) Tembi Locke
- [We don't "move on" from grief. We move forward with it](#) Nora McInerney
- [How to Support yourself \(and others\) through grief](#) Nina Westbrook

Social Media

Instagram

- [@optionb](#)
- [@alica.forneret](#)
- [@queering_grief](#)
- [@goodmourningpodcast](#)
- [@refugeingrief](#)
- [@letsreimagine](#)



List Your Own!

Interested in learning more? Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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[@appstatecounselingcenter](https://www.instagram.com/appstatecounselingcenter)