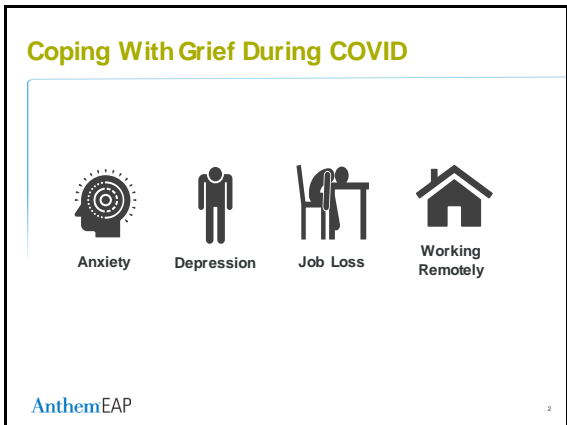




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Coping with Guilt

Accepting it was the best we could do

Letting go of wishing for more

Torn with who to include in the final process

Saying goodbye in this virtual way

Uncontrollable feeling that we could have done more

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Power of Talking

BE WILLING TO SHARE FEELINGS

BE WILLING TO TALK. TALK, TALK

BE WILLING TO CRY

BE WILLING TO SHARE EVERY THOUGHT

BE WILLING TO ASK FOR HELP

BE WILLING TO ACKNOWLEDGE WHEN IT'S SIMPLY TOO MUCH

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Funeral Arrangements

Planning a virtual funeral

Connecting with all the loved ones

Not feeling the personal connection

Missing the rituals

Confusion of how to stay safe and still honor the loved one

Rituals can be an important part of healing

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Coping Techniques

Virtual support groups

Embrace the relationship that you lost

Watch old home movies

Read old letters

Let yourself feel

Talk about how you feel and the loss

Have a "last conversation" with the loved one

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Managing Expectations

We may never accept the way and how the death occurred

Grief never ends ... comes in waves

Hits every family member a bit differently

Anger will always be part of this process

Learning to be more compassionate to ourselves

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- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
 - Resources
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QR CODE FOR EVALUATION



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