



## Grief Resources

*Everyone can master a grief but he that has it.* William Shakespeare.

*Healing After Loss: Daily Meditations for Working Through Grief.* Martha Whitmore Hickman. William Morrow Paperbacks, 1994.

*Breath for the Soul: Self-Care Steps for Wellness.* Jan E. Patterson, MD and Phyllis Clark Nichols. Healing Leaves Publishing, Integrative Medicine Strategies, LLC. 2022.  
Part 4. Self-Care Steps for Grief

*Breathing: The Master Key to Self-Healing.* Andrew Weil, MD. Audiobook. Read by the author. Sounds True, 2001.

*Scripture Scratching Journals.* Bill Nichols and Phyllis Nichols. GWN Publishing, 2021

### Grief Support Sites:

Grief.com <https://grief.com/>

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

The Compassionate Friends: Supporting Family After the Death of a Child  
<https://www.compassionatefriends.org/>

### Grief v depression

Do you have grief or depression? An integrative physician weighs in

<https://www.healthdigest.com/1167356/do-you-have-grief-or-depression-an-integrative-physician-weighs-in/>

<https://news.uthscsa.edu/health-digest-do-you-have-grief-or-depression-an-integrative-physician-weighs-in/>

### From Hospice Red River Valley

<https://www.hrrv.org/grief-support/grief-vs-depression-need-know-look-for-help/>

Grief	Depression
There is an identifiable loss	A specific loss may or may not be identified
The person's focus is on the loss	The person's focus is on self
Fluctuating ability to feel pleasure	Inability to feel pleasure
Fluctuating physical symptoms	Prolonged and marked functional impairment
Closeness of others is usually comforting	Persistent isolation from others and self
Able to feel a wide range of emotions	Fixed emotions and feeling "stuck"
May express guilt over some aspects of the loss	Has generalized feelings of guilt
Self-esteem is usually preserved after the loss	Feelings of worthlessness and self-loathing common
Thoughts of death are typically related to wanting to be reunited with the deceased loved one	Thoughts of death related to feeling worthless, undeserving of life or unable to cope with the pain