



Self-Care Moments  
A Workbook to Navigate Your Grief  
*Over the Rainbow*

Krista Helman, MSW



FernAura Press

Ottawa, ON

Copyright © 2024 Self-Care Moments by Krista Helman

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without prior written permission.

Publisher - FernAura Press  
101-2039 Robertson Road  
Ottawa, Ontario, K2M 1P2

Publisher's Note: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that neither the author nor the publisher is engaged in rendering legal, medical, psychotherapeutic, or other professional services. While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional when appropriate. Neither the publisher nor the author shall be liable for any damages, including but not limited to special, incidental, consequential, personal, or other damages.

*Self-Care Moments: A Workbook to Navigate Your Grief -*

ISBN - Spiral bound book: 978-1-0688463-1-1

ISBN - eBook: 978-1-0688463-0-4

Cover Design by: Rebecca Laserna



# Table of Contents

<b>In Preparation for this Journey</b>	<b>7</b>
<b>Self-Care Menu</b>	<b>8</b>
<b>Colour Breathing</b>	<b>9</b>
<b>Moments of Mastery</b>	<b>10</b>
<b>Confronting Negative Beliefs</b>	<b>12</b>
<b>Reflection on Loss and Change</b>	<b>14</b>
<b>Container</b>	<b>15</b>
<b>What Do You Need to Hear?</b>	<b>17</b>
<b>Happiness Files</b>	<b>19</b>
<b>Tapping Into Love</b>	<b>20</b>
<b>Complicated Grief</b>	<b>21</b>
<b>Letting Go of What-Ifs</b>	<b>22</b>
<b>Sunlight Boost</b>	<b>24</b>
<b>Gratitude Rock</b>	<b>25</b>
<b>Practicing Being Present</b>	<b>26</b>
<b>Hello Again</b>	<b>27</b>
<b>After Death Communication Reflection Worksheet</b>	<b>28</b>
<b>Circle of Love</b>	<b>32</b>
<b>About the Author</b>	<b>33</b>
<b>References</b>	<b>34</b>



# In Preparation for this Journey

*For most people, love is the most profound source of pleasure in our lives, while the loss of those whom we love is their most profound source of pain. Hence, love and loss are two sides of the same coin. We cannot have one without risking the other.*

*- Colin Parkes, Love and Loss: The Roots of Grief and Its Complications*

I want to start with an obvious statement: this workbook is about grief and loss, and this may activate your grief and loss of a human loved one, of your pet, or of another loss. This can happen unexpectedly, and that's ok! Let's be prepared.

Take a moment right now to ground yourself in your surroundings. Notice the sensation of your feet on the floor and the support of your chair against your back. Look around you, noticing what's to your left, and to your right, even glancing up at the ceiling and down at the floor to sense the boundaries of the room. Take note of any windows or doors nearby, reminding yourself that you're in a safe space.

Your well-being is important, and I cannot emphasize this enough: if you are getting activated, please practice self-care. Take a break, go for a walk, listen to a meditation, or contact a support person.

List some of your favourite grounding tools. You can use slow, deep breaths: In for 4 seconds, out for 4 seconds, and repeat 4 times. Another option is in for 4 and all the way out for 8.

If you need support while reading this book, list who you can contact. (visualize that person now)

# Self-Care Menu

It's important to do something compassionate for ourselves every day. Write a list of at least ten things that you can do as a form of self-care. Perhaps it is being curled up in a blanket, drinking your favourite tea, listening to uplifting music, exercising, resting, having lunch with a friend, or making a healthy meal. Other self-care activities that can nourish your mind, body, and soul include meditation, time in nature, or practicing gratitude.

List ideas of what you can do for self-care:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Keep this list as a menu to refer to when you notice you need it.

Pick one thing from this list—and do it now!



# Colour Breathing

This activity is a guided meditation for relaxation and peace. Meditation can be helpful for grief as it can help us with emotional regulation, stress reduction, and self-reflection.

Colour Breathing can be adjusted to suit your needs. You can bring in a colour to help you feel energized or motivated, or perhaps, a colour for self-forgiveness. You decide. Some people find it helpful to either wear their colour of choice or have this colour in their workspace to help cue them to colour breathe often.

**Listen to the guided meditation here:**



# Moments of Mastery

It's natural for us to feel overwhelmed by grief during times of loss. Moments of mastery lie within the depths of our sorrow, and exploring our strength and resilience can harness them as sources of empowerment for our journey. For this activity, follow the instructions and journal on a blank page.

## **Strength**

Reflect on a specific moment in your life when you exhibited remarkable strength. This could be any time of your life, such as when you made a decision to support yourself or others, or simply endured emotional pain with quiet courage.

- Write down a brief description of this moment of strength.
- Identify what made this moment significant.
- Give this moment a name.
- What emotions did you experience?
- Where do you feel this moment of strength in your body?
- Notice this feeling in your body as you give yourself a hug. Close your eyes and *slowly* tap one hand then the other, 6 times.
- Allow yourself to feel your inner strength. Journal how this moment contributed to your ability to cope and carry on?

## **Empowerment**

- Recall a moment in your life when you felt a surge of empowerment. This might be when you realized that you had the resilience to continue surviving despite your loss, or that the worst was behind you. Perhaps, this was a moment of clarity and acceptance that marked the beginning of healing, or a celebratory achievement.
- Describe this instance in detail, including the thoughts and sensations you had at the time.
- Reflect on what contributed to your sense of empowerment.
- Give this time in your life a name.
- Where do you feel this moment of empowerment in your body?

- Notice this feeling in your body as you give yourself a hug. Close your eyes and *slowly* tap one hand then the other, 6 times.
- Allow yourself to feel the sense of empowerment.

Keep adding to your moments of mastery and focus on your strength and empowerment whenever you need internal support.

# Confronting Negative Beliefs

Our mind struggles to accept reality when we feel powerless, helpless, or a loss of control. Sometimes, our mind tries to cope by placing blame or shame on ourselves. Have a look at the list of negative beliefs below and see if you recognize any of them circulating in your mind. Then, have a look at the positive cognitions to redirect yourself towards self-compassion. Add more as you see fit and come back to this list as you need to.

Negative Belief	Positive Cognition
I am abandoned, alone, invisible.	I can find ways to connect and get my needs met.
It's not safe to feel.	I can begin to learn how to manage my feelings.
I am unimportant.	I still have value, regardless.
I am powerless, helpless, trapped, not in control.	I can learn to accept what I can and cannot control, and the choices in front of me. I can only control what I can, and I can safely let go of some control.
I am responsible.	I can learn and accept what my role was/is, and to recognize appropriate responsibility.
I should have known better, done something, done more	I did the best I could with the information and circumstances at the time.
I did something wrong; it was my fault.	I did my best. I can learn from my experiences, and to recognize appropriate responsibility.
I am selfish.	I can accept myself for who I am the decisions I've made. I have value, regardless.
I am vulnerable. I can protect myself.	I can find ways to protect myself.
I am overwhelmed, I can't handle it.	This feeling will not last forever. I can get through it. I have dealt with hard things before.

I should feel more than I do.	I am having a normal human experience. My grief is unique to me, and I can reach out for help if I need it.
I shouldn't feel what I do.	It's okay to not feel okay. I am having a normal human experience. All feelings are welcome, and I can reach out for help if I need it.
I must carry on as usual, as though nothing has happened.	I can learn to respect my needs during this human experience.
No one understands.	Although my experience is unique to me, there are supportive people / groups / therapists I can reach out to who understand grief.

# Reflection on Loss and Change

Reflecting on our loss and the changes it has brought into our lives helps us realize the full consequences of it. Then, we can start rebuilding our connection within our new world reality.

Take as much time as you need to complete this activity. Remember to be gentle with yourself, and feel whatever emotions come up during this process. Use deep breathing or other grounding exercises as needed.

- Start by asking yourself, "What have I lost?" This includes your relationship with your loved one, your identity, changes in your circumstances, and any other losses you've experienced because of this loss. Take your time to write down everything that comes to mind.
- Consider what has changed in your life since your loved one died. Journal any changes or future stressful situations that you're worried about.
- Write down any past memories of loss that have resurfaced since your recent loss.
- Reflect on your support system. Which friends, family, or other sources of support are available to you during this time? Write about the helpful and unhelpful support you've received, and how it has impacted your grieving process. If you don't have a supportive network, research and write down where you will get support, such as a grief support group or individual therapy.

# Container

This meditation has been adapted from basic EMDR training. It is being offered to you as a resource for containing big waves of emotion so that you can function day to day during your grief recovery.

You are going to build a container then temporarily put a thought, feeling, or body sensation into the container. You cannot put another person or yourself in this container, but you can put in how they or your environment makes you feel. The deal you are making with yourself when you use this tool is that you are going to check in on your thought, feeling, or body sensation at a later time that works for you. Upon check-in, you will likely notice a reduction in emotional charge. If the upset does not decrease or you are struggling to contain it, it might be time to seek a therapist who specializes in trauma and grief. Of course, even if you are not experiencing complicated grief, therapy is the perfect place and time to explore what is or was in the container!

**Listen to the guided meditation here:**



**When you have finished building it, draw your container and write down these details:**

- What makes your container strong?
- How does your secure two-way system work?
- How does the comfortable inside of your container make you feel?
- What is the name of your container?

**Let's review:**

- Container is a tool that temporarily stores thoughts, feelings, or body sensations that

are unhelpful in that moment of time.

- It needs to be practiced multiple times a day on smaller things to be able to lift the heavy, upsetting stuff when it comes around.
- Simply notice the body sensation along with any colours, shapes, or words that go with it, and make that lift off your body so it is licked up and comfortable inside.
- Check in on your container at least once a week at a more helpful time to see if the emotional charge is low enough to deal with it.

**Write down when a good time is to check in on your container. For example, some people enjoy doing this while on a walk, or when enjoying a quiet cup of tea.**



# What Do You Need to Hear?

Sometimes, even well-meaning people can say the most hurtful things to us during the grieving process! They think they are being comforting but they are not. We need to feel without fear of being talked out of our pain. This exercise will help you identify how you felt with unhelpful comments and explore what you actually needed to hear. You will write multiple lists, so take your time to really assess how you feel.

## 1. Unhelpful and Hurtful Comments:

- List three unhelpful or hurtful comments or behaviours someone has done as a result of your loss.
- For each comment, write how that made you feel.

2. Below are some examples of what may be more helpful to hear from our support network. These statements are more likely to acknowledge our grief. Even though no one can ever make it right, hearing these can help us feel seen and heard without judgment. Circle any of the statements below that were said to you, or would have been helpful for you to hear from your support network. Write down new ones as well.

- "I'm sorry this is happening."
- "Do you want to talk about how you are feeling?"
- "What were they like? Tell me more."
- "My favourite memory of them is..."
- "It's normal to feel whatever you are feeling."
- "This must be really hard for you."
- "They were so special to you."
- "Tell me more about this memory/regret/feeling that's coming up."
- "My loved one died last year and it was really hard. What is this like for you?"
- "You're in my thoughts, and I'm thinking of you."
- "I don't know how you are feeling, but I want you to know I'm here."
- "I wish I knew what to say right now, but I don't."
- "I'm coming over to drop off a casserole quickly. There's no need to return the

pan.”

- “I thought I’d come over tomorrow, and we’d just go for a walk. Would this be helpful?”
- “How about I come over on the weekend, and I’ll clean your dishes while you rest. You don’t need to entertain me.”
- Say nothing. Just sit and listen.

# Happiness Files

I call this activity Happiness Files because it is all about helping our system remember what it's like to focus on accessing positive feelings and sensations. The more we encourage our brain to do this, the easier it gets.

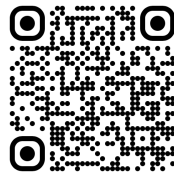
1. Create a folder that you can easily access on your phone or computer called Happiness Files.
2. Include photos of happy memories across your lifespan, pleasant images you find online, short videos with soothing sounds of nature, or favourite guided meditations.
3. Come back to this folder often, especially if you are having a sad day. Notice the pleasant shift inside you as your brain invites your neurons to fire and rewire.

# Tapping Into Love

This activity shows us that love never goes away, even after death. It is focused on helping you reconnect with your deceased loved one by thinking of a favourite memory of them that sparks joy inside.

Use this tool to honour and celebrate the bond you shared with your loved one, keeping their memory alive in your heart and mind. By actively engaging with the feelings of love, you can start to reexperience a sense of connection, even in their physical absence. *Practice Tapping into Love* regularly to nurture your new relationship with them.

**Listen to the guided meditation here:**



# Complicated Grief

The questionnaire for this exercise is designed to help you assess whether you might be in complicated grief, meaning, stuck in the Three Phases of Mourning. It is not diagnostic, but it helps give an idea of whether it's time to reach out for professional support.

It is provided by The Hospice Support Fund, and can be accessed at:

<https://static1.squarespace.com/static/5fe278aec01e323d6cc0bc73/t/60f98fcaa32ea2ffbf31b5/1626968012585/complicated-grief-report.pdf>

**Access the questionnaire here:**



# Letting Go of What-Ifs

This activity is designed to help you process and release the burden of "what-if" thinking and guilt, allowing you to focus on honouring the memory of your loved one with love and compassion.

1. Find a quiet and comfortable space and take deep breaths to center yourself.
2. Follow the examples in the table to complete the "what-if" scenarios related to your feelings of guilt, shame, and anger. Add as many what-ifs as you wish.
3. Acknowledge these thoughts without judgment and write compassionate and realistic responses.
4. Visualize releasing these "what-if" thoughts like balloons, letting them drift away.
5. Take a deep breath, all the way out, and give yourself a hug as you let go.

What-ifs	Response
What if I had come home earlier?	I did the best I could with the information I had.
What if I had taken them to the vet sooner?	I followed the advice of professionals and made decisions based on their well-being.
What if I had spent more money on their care?	I provided the best care I could afford and prioritized their comfort and health best I could.
?	

?	
?	

# Sunlight Boost

A simple way to improve sleep and well-being is by getting sunlight early in the morning, even if it's not right at sunrise. This activity has significant benefits for our overall health by aligning our body's natural rhythms with the day-night cycle.

- Unless you have a medical reason to stay out of light, try spending 10 to 30 minutes under a full-spectrum bright light or in sunlight. This can help regulate your body's internal clock and hormone levels like cortisol and melatonin. Wearing sunglasses during this light exposure will filter out important wavelengths for this activity. It's okay to wear eyeglasses or contacts with UV protection – they won't hinder the benefits.
- When you wake up in the morning, make sure your room is well-lit with bright lights if the sun isn't up yet. Once the sun rises or there's natural light, position yourself near a window or step outside to get direct sunlight exposure. Avoid looking directly at the sun or any excessively bright light!
- Use this time for activities like reading, stretching, or simply enjoying the outdoors. The idea is for your skin and eyes to absorb the light, so stay away from your phone at this time.
- Make this a practice for 10 to 30 minutes daily to help regulate hormone and neurotransmitter levels, boost daytime alertness, and improve your nighttime sleep quality.
- Journal your energy levels, mood, and sleep patterns to notice the impact of morning light exposure on your well-being.



# Gratitude Rock

*Gratitude Rock* is inspired by the idea that what you focus on grows new connections and my clients tell me that this exercise dramatically increases their capacity to be in the moment and to find purpose and value in their lives. It is a helpful tool to increase your ability to tolerate feelings, and cultivate positivity in your life. By deliberately choosing to focus on the things you are grateful for, you can train your brain to notice more of the good throughout your lived experiences. It also helps you to rewire your brain to be in the present moment.

Imagine children sliding down a toboggan hill, and notice that with each time their sled goes faster down the same slippery part of the hill. Our brains work in a similar way. The more we encourage it to think or behave in a certain way, the more likely it will do it again and the easier it will get. Practicing this technique is the equivalent of asking you to start sliding down the sunny side of the toboggan hill with thick snow. I'm not going to lie; the first few times you try to slide down this side of the hill it's going to be annoying and difficult! The more you do it, the easier it will get.

**Listen to the guided meditation here:**



Just keep doing this all day, every day for at least a week, and you will likely notice a shift in how you feel in your world. An alternative to a rock is to use a coloured hair elastic around your phone. Even better if the hair elastic colour is the same as what you envisioned during the *Colour Breathing* meditation! Notice as *Gratitude Rock* transforms your outlook on life and enhances your overall sense of connection in the present.

# Practicing Being Present

As you navigate through your grief, it's important to be present and connected to your emotions and surroundings. You can acknowledge and embrace your feelings of loss without getting lost in memories or wishing for a different reality. Let's ground in the present moment to prepare for staying grounded when big waves of emotion come. You can write about your experiences afterward to reflect.

**Listen to the guided meditation here:**



# Hello Again

Visualizing talking to our loved one can be a very powerful technique. In this activity, you will have an opportunity to imagine having an interaction with them in the present. The key here is to speak to them, not about them.

Although tempting, please skip this exercise for now if you are early in your grieving process where you are feeling numb, needing additional support for your grief or your mental health. Asking your therapist to guide you through this exercise may be an option.

**Listen to the guided meditation here:**



# After Death Communication Reflection

## Worksheet

Have you ever sensed the presence of someone who has died? Have you heard their voice calling your name, or did they somehow offer you guidance? Perhaps you suddenly noticed a smell that reminded you of them. Maybe you saw them as if they were still alive or felt a hug as if they were physically there with you. Did they visit you in an extremely clear and coherent dream?

These are examples similar to scientifically documented After-Death Communication (ADC). Humans have been having ADCs across our lifespan, and stories of them can be found across culture, beliefs, and states of health. The research shows that experiencers tend to find closure and connection through them, so exploring the details is important.

This activity helps you to look deeper into your ADC, if you've had one. Follow the instructions below to document your journey. Remember, your experience is unique and valid, and it's essential to honour your feelings and reactions. Take the time to reflect on your ADC and seek support as needed. In addition to your support network, a therapist can be helpful with making meaning of experiences.

**Date of the After-Death Communication (ADC):**

**Type of ADC:**

- Visual ADC: Describe any visual sightings or images you had.
- Auditory ADC: Detail any sounds or voices you heard, this might involve hearing their voice or specific sounds you associate with them.
- Tactile ADC: Explain any physical sensations or feelings of touch associated with your experience, such as a sense of warmth, pressure, or the feeling of a hug.
- Olfactory ADC: Specify any scents or smells that reminded you of the deceased at the time. This might include their perfume or a favourite cooking smell.
- Sentient ADC: Describe any sense of presence or intuitive feelings of connection you had with the deceased. This could involve feeling their energy or their comforting presence.

### **Description of the ADC:**

- Describe additional details of what happened during your ADC. Include any sensations, emotions, thoughts, or messages you experienced. Be as detailed as possible. For example, describe where you were, what you were doing, and how the ADC unfolded.

### **How Did You Feel During Your ADC?**

- Comforted: Explain how the experience brought you comfort or reassurance. Describe any feelings of warmth or peace that accompanied your ADC.
- Supported: Describe any feelings of support or guidance you received from your ADC. This might include a sense of encouragement or understanding.
- Relieved: Detail any sense of relief or ease you felt during your ADC. This could involve a temporary lifting of grief or emotional burden.
- Scared: If you experienced fear or discomfort, specify the nature of your apprehension. Describe any factors that contributed to your feelings of fear.
- Intruded upon: If the ADC felt intrusive or unsettling, describe how it impacted you. Explain any feelings of unease or disruption caused by the experience.
- Other: Fill in if your feelings don't match the options above.

### **How Did Your ADC Impact You?**

- Provided comfort and reassurance: Explain how your ADC positively influenced your emotional state. Describe any feelings of support or contentment that lingered after the experience.
- Fostered a sense of connection with the deceased: Describe any feelings of closeness or connection you experienced. This might involve a sense of continuity or understanding.
- Deeper understanding: Describe what the messages or symbols you received meant for you?
- Helped in the grieving process: Detail how your ADC contributed to your healing or acceptance of your loss. Explain any insights or breakthroughs you gained from your experience.

- Caused confusion or distress: If your ADC left you feeling confused or distressed, what made you feel this way? Describe any lingering questions or uncertainties it raised.
- Other: Fill in any other impacts you experienced, such as changes in perspective or emotional resilience.

### **How Did You Respond to the ADC?**

- Shared the experience with others: Detail any conversations or interactions you had about your ADC. Describe any reactions or responses you received from others.
- Reflected on the meaning: Explain any additional insights or realizations you gained from your experience. Consider how it may have influenced your beliefs or outlook on life and death.
- Sought support from friends or family: Describe any support you sought or received from loved ones. This could involve seeking validation or sharing your feelings with trusted individuals. Note their reactions to your experience.
- Experienced fear or discomfort: If your ADC triggered fear or discomfort, explain how you coped with it. Describe any strategies or coping mechanisms you used, or can use, to manage your emotions.
- Other: Fill in any other responses you had, such as changes in behaviour or daily routines.

### **Additional Thoughts or Reflections**

- Use this space to jot down any additional thoughts, feelings, or insights about your ADC experience. Consider writing about any unresolved emotions or questions you may have. Reflect on how the experience has impacted your grieving journey and personal growth.

### **Moving Forward**

- I need to talk to someone about the experience: Specify if you think you require professional support or counselling. Consider reaching out to a therapist or grief support group for guidance.
- I'm seeking validation or understanding: Detail any need for validation or

reassurance regarding your experience. Seek support from friends, family, or support groups who can offer empathy and understanding.

- I'm exploring the meaning of my ADC: Summarize what your experience meant for you or discuss your experience with a trusted confidant.
- I'm coping with fear or discomfort: Explain any specific coping strategies or support you have available to you to manage your emotions. Practice self-care techniques and reach out for support if needed.
- Other: Specify anything you think you may need, such as resources, spiritual guidance, or further exploration of the afterlife on your own.

# Circle of Love

This guided meditation provides a comforting space for you to connect through the sensation of loving energy. Both giving and receiving this energy can feel nice, especially during times of grief. By visualizing beings or entities of love surrounding you in a circle, you're reminded of the support and connection you have, whether they're physically present or not. Take your time with this meditation, allowing yourself to fully experience the loving circle of support around you.

**Listen to the guided meditation here:**





# About the Author

Krista Helman is a compassionate social worker and therapist based in Ottawa, Canada. With years of professional experience and a deep personal understanding of loss, Krista has supported many in navigating the complex journey of grief. She is the author of *"Over the Rainbow: The Love, Loss, and Legacy of Your Dog,"* a heartfelt guide that combines psychoeducation, therapeutic strategies, and touching stories to support those mourning the loss of a beloved pet. This book is inspired by her own experiences with grief and the powerful connections she has had with her dogs. Although her career encompasses a broad range of therapeutic areas, her circumstances and experiences have steered her to write on this topic.

Krista's empathetic approach and expertise have made her a sought-after speaker. She offers a variety of workshops, online courses, and transformative retreats, helping individuals find healing and growth. Her professional trainings have helped other therapists enhance their skills and understanding in mental health.

In addition to her workbook, she has also published a self-help book on pet loss. She is also working on a children's book that addresses grief in a sensitive and accessible way. She enjoys spending time with her family, including her furry companions, and exploring the healing power of nature.

# References

- Beder, Joan. "Loss of the Assumptive World—How We Deal with Death and Loss." *OMEGA - Journal of Death and Dying* 50, no. 4 (June 2005): 255–65. <https://doi.org/10.2190/gxh6-8vy6-bq0r-gc04>.
- Beischel, J. Spontaneous, Facilitated, Assisted, and Requested After-Death Communication Experiences and their Impact on Grief. Accessed April 6, 2024.  
[https://www.researchgate.net/publication/334330476\\_Spontaneous\\_Facilitated\\_Assisted\\_and\\_Requested\\_After-Death\\_Communication\\_Experiences\\_and\\_their\\_Impact\\_on\\_Grief\\_Peer-reviewed\\_referenced\\_commentary](https://www.researchgate.net/publication/334330476_Spontaneous_Facilitated_Assisted_and_Requested_After-Death_Communication_Experiences_and_their_Impact_on_Grief_Peer-reviewed_referenced_commentary).
- Bohlmeijer, Ernst T., Jannis T. Kraiss, Philip Watkins, and Marijke Schotanus-Dijkstra. "Promoting Gratitude as a Resource for Sustainable Mental Health: Results of a 3-Armed Randomized Controlled Trial up to 6 Months Follow-Up." *Journal of Happiness Studies* 22, no. 3 (May 7, 2020): 1011–32.  
<https://doi.org/10.1007/s10902-020-00261-5>.
- Botkin, Allan L., and R. Craig Hogan. *Induced after-death communication: A miraculous therapy for grief and loss*. Charlottesville, VA: Hampton Roads, 2014.
- Bretherton, Inge. "The Origins of Attachment Theory: John Bowlby and Mary Ainsworth." *A century of developmental psychology*, 1994, 431–71. <https://doi.org/10.1037/10155-029>.
- Claire Place Veterinary Hospice. "Do Pets Grieve?" Claire Place Veterinary Hospice Mobile Services, January 4, 2019. <https://www.hospicevet.com/do-pets-grieve/>.
- Cotter, Prudence, Larissa Meysner, and Christopher William Lee. "Participant Experiences of Eye Movement Desensitization and Reprocessing vs. Cognitive Behavioural Therapy for Grief: Similarities and Differences." *European Journal of Psychotraumatology* 8, no. sup6 (October 9, 2017).  
<https://doi.org/10.1080/20008198.2017.1375838>.
- Dent-Smyth, Kelly. "The Acute Stress Syndrome Stabilization Remote Individual (ASSYST-Ri) for Telemental Health Counseling after Adverse Experiences." *Psychology and Behavioral Science International Journal* 16, no. 2 (January 20, 2021). <https://doi.org/10.19080/pbsij.2021.16.555932>.
- Elsaesser et al. "Investigation of the Phenomenology and Impact of Spontaneous and Direct After-Death Communications (ADCs): Research Findings." adcrp. Accessed April 6, 2024.  
<https://www.adcrp.org/project>.
- Field, Nigel P., and Charles Filanosky. "Continuing Bonds, Risk Factors for Complicated Grief, and Adjustment to Bereavement." *Death Studies* 34, no. 1 (December 16, 2009): 1–29.

<https://doi.org/10.1080/07481180903372269>.

Girianto, Pria Wahyu, Dhina Widayati, and Syahdila Sabrina Agusti. "Butterfly Hug to Reduce Anxiety on Elderly." *Jurnal Ners dan Kebidanan (Journal of Ners and Midwifery)* 8, no. 3 (December 26, 2021): 295–300. <https://doi.org/10.26699/jnk.v8i3.art.p295-300>.

Hall, Christopher. "Bereavement Theory: Recent Developments in Our Understanding of Grief and Bereavement." *Bereavement Care* 33, no. 1 (January 2, 2014): 7–12. <https://doi.org/10.1080/02682621.2014.902610>.

Hewson, Helen, Niall Galbraith, Claire Jones, and Gemma Heath. "The Impact of Continuing Bonds Following Bereavement: A Systemic Review." *Death Studies*, June 19, 2023, 1–14. <https://doi.org/10.1080/07481187.2023.2223593>.

Hoggan, Sarah. "Pet Loss Grief; the Pain Explained | Sarah Hoggan DVM | TEDxTemecula." YouTube, November 10, 2022. <https://www.youtube.com/watch?v=TkJGhQANjZo&list=PLu8TmV21M5S-gaO8eIy6ytwHSajAcfDH7&index=3>.

Hoggan, Sarah. "The Emotional Costs of Euthanasia | Sarah Hoggan DVM | TEDxTemecula." YouTube, October 25, 2019. <https://www.youtube.com/watch?v=Jh-KKjIJHfk&list=PLu8TmV21M5S-gaO8eIy6ytwHSajAcfDH7&index=4>.

Hornsveld, Hellen K., Frieda Landwehr, Willeke Stein, Margaretha P. Stomp, Monique A. Smeets, and Marcel A. van den Hout. "Emotionality of Loss-Related Memories Is Reduced After Recall Plus Eye Movements but Not After Recall Plus Music or Recall Only." *Journal of EMDR Practice and Research* 4, no. 3 (August 2010): 106–12. <https://doi.org/10.1891/1933-3196.4.3.106>.

The Hospice Support Fund. Complicated Grief. Accessed April 7, 2024. <https://static1.squarespace.com/static/5fe278aec01e323d6cc0bc73/t/60f98fcca32ea2fffbf31b5/1626968012585/complicated-grief-report.pdf>.

Huberman, Andrew. "The Science & Process of Healing from Grief | Huberman Lab Podcast #74." YouTube, May 30, 2022. <https://www.youtube.com/watch?v=dzOvi0Aa2EA>.

James, John, and Russell Friedman. *The grief recovery handbook: The action program for moving beyond death, divorce, and other losses including health, career, and faith*. New York, NY: William Morrow, an imprint of HarperCollins Publishers, 2017.

Jarero, Ignacio, Lucina Artigas, and Marilyn Luber. "The EMDR Protocol for Recent Critical Incidents: Applications in a Disaster Mental Health Continuum of Care Context." *Journal of EMDR Practice and*

*Research* 5, no. 3 (2011): 82–94. <https://doi.org/10.1891/1933-3196.5.3.82>.

Jarero, Ignacio. "Randomized Controlled Clinical Trial on the Provision of the EMDR-PRECI to Family Caregivers of Patients with Autism Spectrum Disorder." *Psychology and Behavioral Science International Journal* 11, no. 1 (March 19, 2019). <https://doi.org/10.19080/pbsij.2019.11.555802>.

Jarero, Ignatio. AIP Model-Based Acute Trauma and Ongoing Traumatic Stress Theoretical Conceptualization, 2022. [https://www.researchgate.net/publication/322144707\\_AIP\\_model-based\\_Acute\\_Trauma\\_and\\_Ongoing\\_Traumatic\\_Stress\\_Theoretical\\_Conceptualization](https://www.researchgate.net/publication/322144707_AIP_model-based_Acute_Trauma_and_Ongoing_Traumatic_Stress_Theoretical_Conceptualization).

Jordan, John. "Guided Imaginal Conversations with the Deceased." *Techniques of Grief Therapy*, May 23, 2012, 282–85. <https://doi.org/10.4324/9780203152683-86>.

Kessler, David. *Finding meaning: The sixth stage of grief*. New York, NY: Scribner, 2020.

"Kidsgrief.Ca." Kids Grief. Accessed June 11, 2024. <https://kidsgrief.ca/>.

Kubler-Ross, Elisabeth. *On death and dying: What the dying have to teach doctors, nurses, clergy and their own families*. Scribner, 2014.

Luber, Marilyn. "Protocol for Excessive Grief." *Journal of EMDR Practice and Research* 6, no. 3 (2012): 129–35. <https://doi.org/10.1891/1933-3196.6.3.129>.

McCormick, B, and N Tassell-Matamua. "After-Death Communication: A Typology of Therapeutic Benefits." *Journal of Near-Death Studies* 34, no. 3 (2016). <https://doi.org/10.17514/jnds-2016-34-3-p151-172>.

McDonnell, F. EMDR and Bereavement, 2009. <http://www.emdryorkshire.org/resource/FokkinaMcDonnell-Workshop5.pdf>.

McInerny, Norma. "We Don't 'Move on' from Grief. We Move Forward with It | Nora McInerny | Ted." YouTube, April 25, 2019. <https://www.youtube.com/watch?v=khkJkR-ipfw&list=PLu8TmV21M5S-gaO8eIy6ytwHSajAcfDH7&index=2>.

Mead, Nathaniel. "Benefits of Sunlight: A Bright Spot for Human Health." *Environmental Health Perspectives* 116, no. 4 (April 2008). <https://doi.org/10.1289/ehp.116-a160>.

Menon, Sukanya B., and C. Jayan. "Eye Movement Desensitization and Reprocessing: A Conceptual Framework." *Indian Journal of Psychological Medicine* 32, no. 2 (July 2010): 136–40. <https://doi.org/10.4103/0253-7176.78512>.

Meysner, Larissa, Prudence Cotter, and Christopher W. Lee. "Evaluating the Efficacy of EMDR with Grieving Individuals: A Randomized Control Trial." *Journal of EMDR Practice and Research* 10, no. 1 (2016): 2–

12. <https://doi.org/10.1891/1933-3196.10.1.2>.

- Mol, Saskia S., Arnoud Arntz, Job F. Metsemakers, Geert-Jan Dinant, Pauline A. Vilters-van Montfort, and J. André Knottnerus. "Symptoms of Post-Traumatic Stress Disorder after Non-Traumatic Events: Evidence from an Open Population Study." *British Journal of Psychiatry* 186, no. 6 (June 2005): 494–99. <https://doi.org/10.1192/bjp.186.6.494>.
- Neimeyer, Robert. *New techniques of grief therapy: Bereavement and beyond*. New York: Routledge, 2022.
- Nuwer, Rachel. "The 'rainbow Bridge' Has Comforted Millions of Pet Parents. Who Wrote It?" *Animals*, February 22, 2023. <https://www.nationalgeographic.com/animals/article/rainbow-bridge-poem-pet-death-mourning-origin-revealed>.
- O'Connor, Mary-Frances, David Wellisch, Annette Stanton, Naomi Eisenberger, Michael Irwin, and Matthew Lieberman. "Craving Love? Enduring Grief Activates Brain's Reward Center." *NeuroImage* 42, no. 2 (August 2008): 969–72. <https://doi.org/10.1016/j.neuroimage.2008.04.256>.
- O'Connor, Mary-Frances, David Wellisch, Annette Stanton, Richard Olmstead, and Michael Irwin. "Diurnal Cortisol in Complicated and Non-Complicated Grief: Slope Differences across the Day." *Psychoneuroendocrinology* 37, no. 5 (May 2012): 725–28. <https://doi.org/10.1016/j.psyneuen.2011.08.009>.
- O'Connor, Mary-Frances, John Allen, and Alfred Kaszniak. "Emotional Disclosure for Whom?" *Biological Psychology* 68, no. 2 (February 2005): 135–46. <https://doi.org/10.1016/j.biopsycho.2004.04.003>.
- O'Connor, Mary-Frances, Katherine Shear, Rachel Fox, Natalia Skritskaya, Bevin Campbell, Angela Ghesquiere, and Kim Glickman. "Catecholamine Predictors of Complicated Grief Treatment Outcomes." *International Journal of Psychophysiology* 88, no. 3 (June 2013): 349–52. <https://doi.org/10.1016/j.ijpsycho.2012.09.014>.
- O'Connor, Mary-Frances. *The Grieving Brain: The surprising science of how we learn from love and loss*. CA: HarperCollins Publishers, 2023.
- Parkes, Colin Murray. *Love and loss: The roots of grief and its complications*. London: Routledge, 2009.
- Passoni, Serena, Teresa Curinga, Alessio Toraldo, Manuela Berlingeri, Isabel Fernandez, and Gabriella Bottini. "Eye Movement Desensitization and Reprocessing Integrative Group Treatment Protocol (EMDR-IGTP) Applied to Caregivers of Patients with Dementia." *Frontiers in Psychology* 9 (June 15, 2018). <https://doi.org/10.3389/fpsyg.2018.00967>.
- Prigerson, Holly G., Paul A. Boelen, Jiehui Xu, Kirsten V. Smith, and Paul K. Maciejewski. "Validation of the New DSM-5-TR Criteria for Prolonged Grief Disorder and the PG-13-Revised (PG-13-R) Scale." *World Psychiatry* 20, no. 1 (January 12, 2021): 96–106. <https://doi.org/10.1002/wps.20823>.
- Rando, Therese A. *How to go on Living when someone you love dies*. Lexington, MA.: Bantam Books, 1991.

- Rando, Therese A. *Treatment of Complicated Mourning*. Champaign, IL: Research Press, 1995.
- Rando, Therese A., Kenneth J. Doka, Stephen Fleming, Maria Helena Franco, Elizabeth A. Lobb, Colin Murray Parkes, and Rose Steele. "A Call to the Field: Complicated Grief in the DSM-5." *OMEGA - Journal of Death and Dying* 65, no. 4 (December 2012): 251–55. <https://doi.org/10.2190/om.65.4.a>.
- Shapiro, Francine. *Eye movement desensitization and reprocessing (EMDR): Basic principles, protocols, and procedures*. 3rd ed. New York: Guilford Press, 2018.
- Shapiro, Robin. *EMDR Solutions: Pathways to Healing*. New York: W.W. Norton, 2005.
- Shapiro, Robin. "Visual Aids for Psychotherapy: Tools You Can Use," 2011.
- Solomon, R.M., and T.A. Rando. "Treatment of Grief and Mourning through EMDR: Conceptual Considerations and Clinical Guidelines." *European Review of Applied Psychology* 62, no. 4 (October 2012): 231–39. <https://doi.org/10.1016/j.erap.2012.09.002>.
- Solomon, Roger M., and Therese A. Rando. "Utilization of EMDR in the Treatment of Grief and Mourning." *Journal of EMDR Practice and Research* 1, no. 2 (October 2007): 109–17. <https://doi.org/10.1891/1933-3196.1.2.109>.
- Solomon, Roger, and Barbara Hensley. "EMDR Therapy Treatment of Grief and Mourning in Times of Covid-19 (Coronavirus)." *Journal of EMDR Practice and Research* 14, no. 3 (July 29, 2020): 162–74. <https://doi.org/10.1891/emdr-d-20-00031>.
- Solomon, Roger, and Francine Shapiro. "EMDR and the Adaptive Information Processing Model: potential Mechanisms of Change." *Journal of EMDR Practice and Research* 2, no. 4 (November 2008): 315–25. <https://doi.org/10.1891/1933-3196.2.4.315>.
- Sprang, Ginny. "The Use of Eye Movement Desensitization and Reprocessing (EMDR) in the Treatment of Traumatic Stress and Complicated Mourning: Psychological and Behavioral Outcomes." *Research on Social Work Practice* 11, no. 3 (May 2001): 300–320. <https://doi.org/10.1177/104973150101100302>.
- Titcombe, Lianna. "When a Beloved Pet Dies: The Best and Worst Things to Say to People in Grief." Canadian Animal Shelter & Community Medicine Association, July 21, 2022. <https://www.cascma.org/when-a-beloved-pet-dies/>.
- Unanue, Wenceslao, Marcos Esteban Gomez Mella, Diego Alejandro Cortez, Diego Bravo, Claudio Araya-Véliz, Jesús Unanue, and Anja Van Den Broeck. "The Reciprocal Relationship between Gratitude and Life Satisfaction: Evidence from Two Longitudinal Field Studies." *Frontiers in Psychology* 10 (November 8,

2019). <https://doi.org/10.3389/fpsyg.2019.02480>.

“What Is Grief?” What is Grief? Accessed April 6, 2024. <https://www.mayoclinic.org/patient-visitor-guide/support-groups/what-is-grief>.

Walker, Matthew P. *Why we sleep: Unlocking the power of sleep and dreams*. New York, NY: Scribner, an imprint of Simon & Schuster, Inc, 2018.

Williamson, Chris. “Control Your Mind for Extreme Motivation and Focus - Andrew Huberman.” YouTube, July 7, 2022. [https://www.youtube.com/watch?v=31DMZLK\\_PPs&t=2261s](https://www.youtube.com/watch?v=31DMZLK_PPs&t=2261s).

Wojtkowiak, Joanna, Jonna Lind, and Geert Smid. “Ritual in Therapy for Prolonged Grief: A Scoping Review of Ritual Elements in Evidence-Informed Grief Interventions.” *Frontiers in Psychiatry* 11 (February 3, 2021). <https://doi.org/10.3389/fpsyg.2020.623835>.

Wong, Joel., Jesse Owen, Nicole Gabana, Joshua Brown, Sydney McInnis, Paul Toth, and Lynn Gilman. “Does Gratitude Writing Improve the Mental Health of Psychotherapy Clients? Evidence from a Randomized Controlled Trial.” *Psychotherapy Research* 28, no. 2 (May 3, 2016): 192–202. <https://doi.org/10.1080/10503307.2016.1169332>.

Worden, William. *Grief counselling and grief therapy: A handbook for the mental health practitioner*. 5th ed. Springer Publishing Company, LLC, 2018.