

## GRIEF*tips*

### **Grief 101**

- What Is Grief
- Coping With Grief and Loss
- Grief At Work
- Common Reactions to Grief
- Common Reactions To Suicide

### **Coping With Your Own Grief**

- Taking Care of Yourself While Grieving
- Taking the Time You Need to Grieve Your Loss
- Getting Through the First Weeks and Months After the Funeral
- Giving Yourself Permission to Grieve
- Coping When Someone You Love is Dying
- Hanging on to Hope Through a Serious Illness
- When Death Comes Unexpectedly to Someone You Love
- Healing Unresolved Grief

### **Grief & Others**

- Grieving as a Family
- Grieving the Loss of Your Parent
- Losing Your Dad
- Losing Someone Close
- Healing A Troubled Relationship With A Dying Loved One
- How To Help A Friend Through Grief and Loss

### **Common Emotional Reactions**

- Dealing With Guilt After a Loved One's Death
- Dealing With the Anger That Comes With Grief
- Dealing With the Stress That Grief Brings
- Overcoming Loneliness After Loss

### **Helping Children**

- Helping a Child Grieve and Grow
- Helping a Dying Child or Adolescent Find Peace

### **Spiritual**

- Healing Your Grief Through Prayer and Meditation
- Walking With God Through Grief and Loss
- Being Angry at God at a Time of Suffering or Loss
- The Journey of Grief

### **Resources**

- Making Funeral Arrangements In Advance
- How To Know if You Need Extra Help With Your Grieving
- Using Hospice Care When a Loved one is Terminally Ill
- Getting Support From a Professional While You are Grieving

## TRAUMA*tips*

- Parent's Guide To Talking To Your Children About War
- Developmental Guidelines
- How To Cope With Traumatic Events: A Special Message for Kids
- The Winds of War
- Critical Incident Stress Information Sheet
- The Trauma Response
- Finding Meaning in Trauma
- Hints For Coping with Stressful Events
- 10 Tips for Dealing With Major Trauma
- You Are Not Alone!
- Support For A Grieving Employee
- How Co Workers Can Be Supportive
- Helpful Hints For Parents of Children/Teens Who Have Been Through Critical Incidents
- What to Tell Children About Terrorist Bombings
- How to Talk To Children About War
- Facts for Families
- Ways To Help Your Child Process Acts of Violence and Terrorism
- Family Coping Strategies
- Children's Reaction to Disaster
- Helping Children Cope with Disaster
- Pros and Cons of Getting A Gas Mask

### **Other Topics I Would Like Information On:**

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**Fax to: 860-704-6221**

**Mail to: Solutions EAP**

**213 Court Street**

**Middletown, CT 06457**

**Or Call: 1-800-526-3485**

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Company \_\_\_\_\_