



Grief and Loss: Support and Further Reading

Recommended Books

Coping with Grief and Loss by Louise Morse

Written within a Christian context, this booklet looks at the impact of grief and loss and explores key stepping stones to help the reader navigate the tricky waters of bereavement.

www.pilgrimsfriend.org.uk/resources/coping-with-grief-and-loss

Author Louise Morse says:

'We have remedies for many of our ills, both physical and mental. We have pills for anxiety and depression, but nothing that really lessens grief. So, although everyone on earth will know grief at some time, most of us are ill equipped to deal with it. Grief is uniquely personal to each person, and we experience it in millions of different ways.'

'The aim of the booklet is to give an understanding of what grief is, how it affects us, and how we can live through it.'

Grief Conversations by Gail Millar and Jill Phipps

A book written for all those living with loss and supporting others through loss.

The authors recognise suffering and loss in a global pandemic and say: 'It was with all these exceptional factors in mind that after the first wave of Covid we set about producing a resource for those hit by such profound losses. We hope *Grief Conversations* enables those bereaved through the pandemic – and whose pain is

still raw despite the passage of time – to feel better supported, understood and that little bit less alone.'

www.annachaplaincy.org.uk/grief-conversations

Books Recommended by Cruse Bereavement Support

Grief Works: Stories of Life, Death and Surviving by Julia Samuel

Psychologist Julia Samuel tells the stories of those who have experienced great grief and survived. Sections cover death of a parent, partner, sibling, child, and facing your own death. Her insights reveal how when grief is approached in the right way, healing can follow.

Thinking Out Loud: Love, Grief and Being Mum and Dad by Rio Ferdinand

When former England footballer Rio Ferdinand spoke out about his own grief following the death of his wife from cancer in 2015, it helped open up a national debate about grieving and encouraged other men to talk about their feelings of loss. In this book he openly and honestly shares about the hard journey he's been on, along with his three children, and the support and advice that's getting them through.

'I didn't even know how to work the washing machine. All I knew was that my kids needed me, and if I was going to help them, I was going to have to ask for help too ... I was about to find out that the tools I had learned as a footballer were the last thing my children needed from their dad when tragedy struck.'

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An Introduction to Coping with Grief

by Sue Morris

A self-help book which includes questions and exercises to help manage your grief and track your progress. It outlines strategies based on Cognitive Behavioural Therapy which are clinically proven and can help you cope with grief and bereavement.

It's OK that you're not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

by Megan Devine

In this book, Megan Devine argues that we need to move away from the idea that grief can be solved or cured, and that we need to learn how to build a life alongside grief instead. She writes from the perspective of a therapist as well as someone who lost her own partner in a tragic accident.

Grief Demystified: An introduction

by Caroline Lloyd

A book written for those who support bereaved people, which will also be useful to anyone who wants to go into a bit more detail about theories of grief and grieving and learn how grief 'works'. Chapters cover grieving styles, the interaction of grief and mental health, what to say to bereaved people and how to support them.



Websites

Loss and HOPE is an ecumenical project of 'At a Loss' working closely with key partners to help churches support those bereaved – currently equipping churches across the UK to run The Bereavement Journey® to prevent mental ill health, isolation, and other negative outcomes (www.lossandhope.org)

www.lossandhope.org/whats-on-offer/online-the-bereavement-journey-support

Since the pain of bereavement tends to become acute some while after the death, a 'tsunami of grief' is expected over forthcoming months, which there is not the capacity to deal with. There is urgent need for much more bereavement support. Without this, millions of bereaved people in our country will face mental health and other negative outcomes.

Loss and HOPE is encouraging churches of every denomination across the UK to reach out to their communities as quickly as possible with The Bereavement Journey. Visit the following links to find out more about how you can lead small groups through the Bereavement Journey to support your congregations and communities through grief and loss:

www.lossandhope.org/church-leader-training/

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Bereavement Friendly Church is recommended for all churches seeking to support those bereaved – including those running The Bereavement Journey course (online or face-to-face) – to enable those bereaved people they are in contact with to feel at home within the life of the church. This webinar is to help main church leaders / decision makers to consider their church's accessibility to bereaved people.

The learning from this webinar can be applied to chaplaincy such as in care homes, prisons, hospitals and universities/colleges – The Grief Share Course is recommended by Care for the Family.

Grief Share is a DVD-based course which churches can purchase and run themselves. There are 13 sessions, and during each session the group watches and discusses a video seminar featuring top experts on grief and recovery subjects. These include living with and understanding grief, ways of finding comfort, how to help your family, and practical advice.

Grief Share is a Christian course and is American in origin. There are courses running internationally and, in the UK, most courses are run in Northern Ireland.

Please see their website for further information:
www.griefshare.org

