



Grief & Bereavement After Caregiving

by award-winning author / stress-relief expert Susie Mantell

Q: After caretaking my mom for over three years, she passed away in December. Your CD helps me so much, and I played it to soothe and comfort my mother throughout her illness as well. I'm now experiencing phases of grief that I guess are to be expected, but in some ways, I'm even more stressed and sleepless than when I was caring for my mother. Do you have any suggestions for resources that might help me now?

A: First, please accept my heartfelt condolences. Having experienced the loss of a loved one following a sixteen year illness myself, I understand that this is a difficult time for you. I hope that you can take comfort in recognizing the extraordinary gift you gave to your mother.

As you're discovering, there is a gradual and sometimes confusing transition from the uniquely intent focus of long-term caregiving back into the larger world, through stages of bereavement that will look and feel different for each of us. Eventually, you will begin a new chapter of your life, embracing all that your mom was and is for you and you for her, as your focus shifts forward. Here are two resources I would like to share:

Book: *Transcending Loss -- Understanding the Lifelong Impact of Grief and How to Make It Meaningful*, by Ashley Davis Prend

Amazon.com Synopsis: A licensed psychotherapist and bereavement support specialist helps grievors deal with the ongoing impact of their loss and the attempt to transcend it. Prend strives to help readers move beyond grief and guide them on their journey through the time of healing and transcendence.

Reader Quote: *"Ashley Davis Prend makes a bold move to help people struggling with grief. No other authority has touched on the concept of how grief is processed for a life-time more comprehensively. Prend makes clear the fact that our quality of living is dramatically changed with each loss. She also points out that each of us make an individual choice in whether we use grief to resign from life or use it to design our life. In this book, you will find useful information on how to deal with the early stages of loss (acute grief) to how to reinvest in new ways of living that are meaningful and joyful. The only missing ingredient that I see is how to motivate grieving people to envision that possibility. Prend touches the holistic concepts of body, mind, and spirit with her S.O.A.R. concepts. Many will find these practical ideas enough to help them make their transition from the negative aspects of grief and to transcend its hold to a positive way of new found joy. The motivational aspect, which is a most critical first step, becomes a very minor omission. Prend's book will be a cornerstone for a new type of grief therapy that provides honest, accurate, and truthful answers for all of us who suffer loss and for those who care for them. Prend's book is superb."*

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Helpful Website: <http://www.beyondindigo.com>

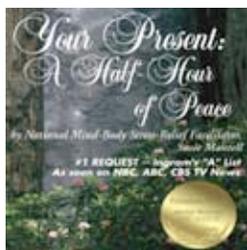
The goal of this company is to provide grief support, products and services to individuals and companies who assist people who are grieving. Here you will find varying perspectives and resources. There is a lot there to choose from. The internet provides an array of ways in which to connect with others who understand. (But also remember to reach out and connect in "real life," too. Get out, see friends, rediscover how to have fun, etc.)

For day-to-day relief from the emotional pain, sleeplessness and sadness that often follows the loss of a loved one, you will find many, many free stress-relief techniques and strategies on my own website. Be sure to bookmark us, come back from time to time and perhaps, subscribe to my free e-newsletter. I am always adding new tips and soothers. <http://www.relaxintuit.com/tips.asp>

"There's nothing wrong with looking at the past...as long as you don't stare." -Songwriter, David Roth

Now is the time for packing away your sweetest memories in a little box in your heart, but tie it loosely with lovely satin ribbon, knowing that you may open them and enjoy their contents any time you like. These are yours to keep, always...

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END OF THIS TIP##