



Coping with Grief and Loss
Materials from the VT Work-Life Resources Library
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General

A Guide for the Bereaved Survivor, Baugher

A list of reactions, suggestions, and steps for those coping with extreme grief. Gives sample grief reactions (guilt, anger, shock, etc.) and a list of suggestions on how to deal with that particular reaction. Useful to those who want helpful information without a great deal of reading.

A Guide to Understanding Guilt During Bereavement, Baugher

A short booklet discussing personal guilt after experiencing a death. Describes the guilt process including 10 different types of personal guilt. Gives a list of 17 suggestions on how to respond to these feelings of guilt.

Bereavement and the Holidays, from *Bereavement Magazine*

Includes poems, stories, effective ways to grieve, and tips on taking care of oneself. Written and compiled by various people in the community, to assist in your own hard time.

Chicken Soup for the Grieving Soul: Stories about Life, Death and Overcoming the Loss of a Loved One, Canfield/Hansen

Part of the Chicken Soup for the Soul Series. Comprised of short stories, personal accounts of life, death, and overcoming the loss of loved ones. Topics include power of support, coping and healing, and insights and lessons.

Dealing Creatively with Death: A Manual of Death Education and Simple Burial, Morgan

This book addresses many social, emotional, philosophical, and practical death-related problems. The authors sensitively touch on complicated issues such as cost of funeral, right to die, and the philosophy of Hospice.

Hospice Care, A Celebration, National Hospice Care and Palliative Organization

This book, beautifully illustrated with photographs, is written by the Hospice organization. It explains what Hospice can offer to those living with an illness, and gives stories on the Hospice staff and volunteers.

Understanding Anger During Bereavement, Baugher

This book gives answers as to why a person may experience extreme anger during bereavement. Discusses different emotional coping styles.

Death in the Workplace

Bereavement at Work- A Practical Guide, Charles Edwards

How to deal with the difficult, practical concerns of death when it occurs in the workplace. It tackles the hard issues such as how much time for emotional recovery is reasonable to give employees? A great guidebook on how to handle these delicate subjects in the office.

Healing Conversations: What to Say When You Don't Know What to Say, Nance Gullmartin

A guide on helping someone who is going through a rough time. A helpful look at how to handle talking to people who have suffered a loss, whether it be a relationship, job, friendship, etc.

Healing Grief at Work- 100 Practical Ideas after Your Workplace is Touched by a Loss, Wolfelt

This book offers compassionate support for those who are mourning. Includes a guidebook targeted to managers and human resource personnel.