

OTHER RESOURCES

Day 4 Finding Meaning:

Additional resources:

- More from David Kessler - <https://grief.com/>
- More from Paul Denniston - <https://grieyoga.com/>
- More from Fredda Wasserman - <https://www.freddawasserman.com/>
- More from Nora McIneny - <http://www.noraborealis.com/>
- More from Sandy Orkin - www.themeditationtree.com

Yoga for Grief:

- <https://mindfulnessandgrief.com/yoga-poses-for-grief/>
- <https://www.yogajournal.com/practice/yoga-for-grief>
- <https://yogawithadriene.com/yoga-for-grief/>

Meditation:

- <https://help.headspace.com/hc/en-us/articles/360046874573-Headspace-for-Los-Angeles-County-Residents>

Mindfulness:

- <https://www.psychologytoday.com/us/blog/some-assembly-required/201610/mindfulness-based-approach-healing-loss>
- <https://whatsyourgrief.com/mindfulness-and-grief/>
- <https://grief.com/books-on-grief/mindfulness-grief-guided-meditations-calm-mind-restore-spirit-heather-stang/>
- <https://elunanetwork.org/resources/mindfulness-and-grief-podcast/>

Finding Meaning:

- <https://www.youtube.com/watch?v=ZWwA02HALeU>
- <https://optionb.org/stories/transforming-your-life-after-a-sibling-death-rjviuvppe>
- https://optionb.org/stories/transitioning-from-passive-mourning-to-active-remembering-is-key-to-building-resilience-after-loss-sydz_x6px
- <https://optionb.org/stories/show-up-each-and-every-day-for-yourself-first-but-on-those-days-where-i-cant-that-is-ok-rka6giylw>