

OTHER RESOURCES

Day 3 Music and Grief:

- **Additional resources:**
 - **Laurie Burrows Grad's blog on Music and Grief:** <http://lauriegrad.com/blog/the-songs-i-can-no-longer-hear-after-the-death-of-my-spouse/>
 - **Arvis Jones on music as an outlet for children:** <https://www.x8drums.com/blog/music-provides-children-with-an-outlet-for-grief/>
 - **What's Your Grief**
 - The Brain, Grief and Music
 - <https://whatsyourgrief.com/brain-grief-and-music/>
 - 64 songs about the death of a friend
 - <https://whatsyourgrief.com/64-songs-about-the-death-of-a-friend/>
 - **Mindfulness and Grief**
 - Mindful Music Listening
 - <https://mindfulnessandgrief.com/mindful-music-listening-coping-with-grief/>
 - **Thrive Global**
 - How I Use Songs to Heal
 - <https://thriveglobal.com/stories/grief-and-music-are-universal-how-i-used-songs-to-heal/>
 - **Other Resources**
 - Music to Help Grief & Sorrow
 - <https://www.youtube.com/watch?v=Ouk5je6zmjw>
 - Sound Therapy for Grief
 - <https://eterneva.com/resources/sound-therapy-for-grief>
 - Drumming for Healing
 - <https://www.youtube.com/watch?v=PL3xA4uk-NM>