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