



Online Resources For Grief & Loss Holiday Edition



www.vna.health

Grief support (individual and group) free of charge, open to the community (Bereavement Care). Hospice, Home Health, and Palliative Care support.

Join our 2020 Angels Among Us Remembrance Service online at www.vna.health/2020angelsamongus

www.hospiceofsantabarbara.org

Local volunteer hospice offering individual and group grief support, as well as community education for families, children, and in schools

Grief and the holidays/ significant days & loss during the pandemic

https://www.dougy.org/docs/TDC_Holiday_Tip_Sheet_Worksheet.pdf

Tips and strategies for families from a long respected grief support organization

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>

Grief and loss during COVID

<https://modernloss.com/why-im-working-to-send-10000-tablets-to-covid-19-hospital-units-and-hospices/>

Article about the importance of death rituals, unique ways of saying goodbye in a pandemic

<https://mindfulnessandgrief.com/coping-with-grief-during-the-holidays-podcast/>

Free podcast episode on mindfulness tips for coping with the holidays while grieving

<https://www.dougy.org/index.php/grief-resources/grief-out-loud-podcast/page/P88>

Free podcast episode on grief and significant days (Episode 88)

General grief/ loss, mindfulness, and self-compassion resources:

<https://modernloss.com/>

“Candid conversations about grief” Website welcoming all

www.dougycenter.org respected family based bereavement care and education source

<https://mindfulnessandgrief.com/meditation-for-grief/>

Website focused on integration of mindfulness, self-compassion, and grief/ loss.

Guided meditations, free Navigating Grief guide (need to sign up), podcast, online courses/ online group (this last part is for a fee)

<https://www.tenpercent.com/>

Free Coronavirus Sanity Guide with excellent guided meditations, podcast, newsletter

<https://self-compassion.org/>

Lead researcher Dr. Kristin Neff’s website with guided meditations, TEDx talk

5 free Mindfulness Apps:

Insight Timer

Smiling Mind

Stop, Breath, & Think

UCLA Mindful

10% Happier

Brethe

Calm

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

(this link describes the 1st 5 Apps listed)

<https://mindfulheartprograms.org/>

Free/by donation community meditation in Santa Barbara offered 6 days per week, workshops, and speaker offerings (currently online via Zoom)

Gentle movement/yoga related to grief/ loss:

<https://moniqueminahan.com/>

Free grief + yoga video, articles, workbook, occasional Live Yoga Events on FaceBook/ Instagram

<https://mindfulnessandgrief.com/yoga-poses-for-grief/>

Blog post on gentle yoga poses for grief

<https://grieyoga.com/>

Free yoga chair class, blog

Some extra Kindness, Laughter & Meaning Making

<https://www.wbur.org/kindworld>

podcast focused on examples of kindness & compassion

<https://www.youtube.com/watch?v=-HJG63EXCmw>

TEDx on Laughter “Happier in 5 minutes”

<https://greatergood.berkeley.edu/>

“science based insights for a meaningful life”

Recursos en español

<https://corazonesenduelo.org/Sobrellevando-los-Dias-Festivos.php>

Consejos para sobrellevar los días festivos durante la pérdida y el duelo

<https://corazonesenduelo.org/index.php>

Mensaje de un sobreviviente de la pérdida y el Servicio Funerario Forest Lawn; múltiples recursos escritos y videos sobre el duelo

<https://www.uclahealth.org/marc/mindful-meditations>

Meditaciones guiadas en español (e inglés)

<https://www.dougy.org/grief-resources/hojas-de-consejos-en-espanol-tip-sheets-in-spanish/>

Hojas de consejos en español para familias en duelo