

FAMILY CAREGIVER EDUCATION SERIES

Handling Grief and Loss

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ONLINE

Caregiving and Ambiguous Loss

<https://www.caregiver.org/resource/caregiving-and-ambiguous-loss/#>

Depression and Caregiving

<https://www.caregiver.org/resource/depression-and-caregiving/>

Dr. Weil's Breathing Exercises: 4-7-8 Breath

[How To Perform the 4-7-8 Breathing Exercise | Andrew Weil, M.D. - YouTube](#)

Emotional Side of Caregiving

<https://www.caregiver.org/resource/emotional-side-caregiving/>

Grief and Loss - Family Caregiver Alliance

<https://caregiver.org/resource/grief-and-loss/>

16 Tips for Continuing Bonds with People We've Lost

<https://whatsyourgrief.com/16-practical-tips-continuing-bonds/>

PRINT

Devine, Megan. (2017). *It's OK that you're not OK: Meeting grief and loss in a culture that doesn't understand*. Sounds True Publishing.

Fitzgerald, Helen (1995). *The mourning handbook: The most comprehensive and compassionate advice on coping with all aspects of death and dying*.

Gilbert, Sandra M. (2006). *Death's door: Modern dying and the ways we grieve: A cultural study*.

Harvey, Greg, PhD. (2007). *Grieving for dummies*. "The impact of an anticipated loss" (p.32). Wiley Publishing.

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