

10 ARTICLES

BY PSYCHOLOGISTS & GRIEF EXPERTS

Grief: Coping with the loss of your loved one

Research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits. – American Psychological Association

<https://www.apa.org/topics/families/grief>

Coping with Grief and Loss Stages of Grief, the Grieving Process, and Learning to Heal by By Melinda Smith, M.A., Lawrence Robinson and Jeanne Segal, Ph.D.

<https://www.helpguide.org/mental-health/grief/coping-with-grief-and-loss>

5 stages of grief: Coping with the loss of a loved one. By Jennifer Fisher, MMSc, PA-C, Health Writer

<https://www.health.harvard.edu/mind-and-mood/5-stages-of-grief-coping-with-the-loss-of-a-loved-one>

Walking with Christ through Grief: The Journey to Glory by Elizabeth Turnage

<https://www.equip.org/articles/walking-with-christ-through-grief-the-journey-to-glory/>

How To Grieve Like a Christian

<https://www.challies.com/articles/how-christians-grieve/>

Glorifying God in Unshakable Grief - Interview with John Piper

<https://www.desiringgod.org/interviews/glorifying-god-in-unshakable-grief>

CHILD & FAMILY GRIEF

Understanding the Childhood Grief: What Should We Tell the Children?

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10580192/>

Talking With Children About Death — Dr. Alan Wolfelt (Center for Loss)

Trusted nationwide by hospices, schools, and bereavement programs.

<https://www.centerforloss.com/2023/12/finding-right-words-guidelines-talk-grieving-children-death/>

Grief and Your Child: Four Parental Grief Principles for Sharing God's Comfort in Loss- Bob Kellemen

<https://www.biblicalcounselingcoalition.org/2021/08/20/grief-and-your-child-4-parental-grief-principles-for-sharing-gods-comfort-in-loss/>

The Silent Struggle: Navigating Faith and Grief After Child Loss - Jenny Leavitt

<https://centering.org/grief-digest-articles/the-silent-struggle-navigating-faith-and-grief-after-child-loss/>

