

## REAL EYES REALIZE "Grief Resources"

### Tool Description – Tell Me More ...

According to **REAL EYES Realize** podcast guest Jessica Smith, dealing with impermanence and the sudden loss of a loved one is tough work. In the midst of the challenge, there is still opportunity for a rebirthing process. Here are some helpful resources on Grief from the REAL Eyes Realize team.

### Consider This:

#### Helpful **Books on Grief** :

- "[Grief Becomes You](#)" by Maya Stein
- "[Non-Violent Communication: a Language of Life](#)" by Marshall Rosenberg
- "[Prayers of Honoring Grief](#)" by Pixie Lighthorse
- '[The Smell of Rain on Dust: Grief and Praise](#)' by Martin Prechtel
- Journal designed by Jessica Smith: <http://bit.ly/journalamazon>

#### Jessica's **Playlists** to Get the Body Moving and Release Stuck Energy:

- Dance playlist - <http://bit.ly/estaticness>
- Nervous System Support + Repair - <http://bit.ly/nervoussystemrepair>

#### **Hotline Numbers** for Reaching Out:

- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

**1-800-273-8255**

**"If you don't talk about it, it could be the difference between life or death." (Jessica Smith)**