

Resources - Coping with loss

References

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- <https://counsellingtutor.com/loss-and-bereavement-cpd>
- “Trapped in a Bubble” research by British Red Cross, [Click here to download further information \(pdf\)](#)
- <https://www.estherperel.com/blog/coping-with-loneliness-around-the-holidays>
- Campaign to end loneliness, <https://www.campaigntoendloneliness.org>
- <https://www.bps.org.uk/blog/psychology-collective-grief>
- Torre, J. B., & Lieberman, M. D. (2018), Putting feelings into words: Affect labeling as implicit emotion regulation, *Emotion Review*, 10(2), 116-124
- <https://medium.com/gethapi/talking-to-strangers-helps-you-feel-happier-more-connected-b0ab0554da18>
- <https://www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolation-loneliness-building-stronger-social-connections/>
- <https://www.redcross.org.uk/get-help/get-help-with-loneliness>
- <https://www.healthline.com/health/mental-health/gift-guides-how-to-navigate-the-holidays-in-the-midst-of-grief>
- <https://www.cruse.org.uk>

Further Resources

- Grief journaling and other ways to cope with grief, <https://www.cruse.org.uk/understanding-grief/managing-grief/grief-journal>
- Connecting to community, <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness>
- Connecting to yourself, <https://psychcentral.com/blog/ready-set-journal-64-journaling-prompts-for-self-discovery>