

CONTENTS

1. Facing the Immediate Shock	11
2. Engaging Funeral Home Services	34
3. Informing Family and Friends	66
4. Understanding Financial Requirements	77
5. Handling Legal and Bureaucratic Responsibilities	93
6. Building a Support Network	119
7. Stress Management Techniques	164
8. Navigating Emotional and Spiritual Turmoil	178
9. Returning to Work	196
10. Role and Identity Reconstruction	210
11. Financial Management and Budgeting	222
12. Long-Term Healing and Growth	238
13. Supporting Children Through Grief	258
14. Addressing Loneliness and Isolation	276
15. Dealing with Practical Overwhelm	290
16. Reconciling Spiritual Dilemmas	306
17. Emphasizing Self-Care	333
18. Managing Emotional Rollercoasters	349
19. Mindfulness and Present Living	363
20. Embracing Personal Transformation	378
Conclusion: You Are Still Becoming	401
Master Summary With Chart Timeline	405