Postcard Pointers: Anticipatory Grief

- **Author** - Custom Resource by the Eluna Team

When responding to youth impacted by anticipatory grief there is often a series of complex factors contributing to these moments of human connection & support. As a caregiver, frontline worker, support professional, or camp partner - we recognize the need for resources that can be easily referenced and shared. Designed by Eluna's diligent programmatic teams, we are proud to present these pocket-size postcard pointers with top tips from the field of bereavement support.

You are welcome to [print](#) the Anticipatory Grief postcard pointers and distribute freely or you can purchase a set of pre-printed postcards from Eluna to be shipped directly to you or a community organization.

**ANTICIPATORY GRIEF**

**Pointers:**

- Reassure youth that it isn't their fault & they are not alone
- Embrace all feelings & give permission to be happy. "_______ is really sick and we don’t know if their body will get better. You may have been seeing or experiencing strong feelings – from sadness & anger to joy & laughter - we welcome them ALL.”
- Create or order a [care package](#) with comfort items & activities
- Build a [legacy book](#) or box with photos, keepsakes, etc.
- Consider peer support groups & grief camps, such as [Camp Erin](#)
- Welcome questions & LISTEN! LISTEN! LISTEN!

**Things to avoid:**

- Empty reassurances, such as "Everything is going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all anticipatory grief is the same - let youth share personal experiences
- Abstract or broad terminology, such as "terminal" - use honest & precise language about the illness and it's impact on the body and daily functioning

To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center: [sarahbehm@elunanetwork.org](mailto:sarahbehm@elunanetwork.org)
Click here to see the full postcard pointer series

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