Postcard Pointers: Natural Disaster Grief

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

When responding to youth impacted by natural disaster 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 Natural Disaster 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.

**NATURAL DISASTER GRIEF**

**Pointers:**

- Begin by asking what they know about the natural disaster
- Clear up any misconceptions & tell the truth with simple terms
- Limit media exposure & graphic conversations
- Model & empower youth to show their community support
- Explore feelings together & without judgment
- Return to routines & healthy activities when possible
- Consider peer support groups & grief camps, such as Camp Erin
- Revisit emergency plans & create a map of safe people & places
- Welcome questions, concerns & LISTEN! LISTEN! LISTEN!

**Things to avoid:**
- Empty reassurances, such as "All things happen for a reason" or "It's 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 grief & trauma responses are the same - let youth share their experiences
- Imposing controversial viewpoints about the cause or disaster response

To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center:
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