
APRIL 2023

Squared Away Today



*Little by little
we let go of loss...
but never of love.*

author unknown

Organizing after Loss

What is loss? Loss can be grieving for a loved one who has passed, a marriage, relationship, job or a time in our life that has ended (empty nest anyone?). Each of these cause us to grieve the life we had before we experienced this loss. Trust me, we do grieve each of them, if there is anything we loved about the person or situation. In this edition of our newsletter, we will discuss organizing after loss. This month, it has been 12 years since I lost my son, Jeffrey, due to a car accident. Deciding what to do with his things was a struggle over the years. I want to share some strategies that helped me. Read on for inspiration and ideas on how to organize after you have lost a loved one.

*Sending hugs, love, and compassion,
Steph*

*Steph
CEO Squared Away Today*

Our grief is as individual as our lives. Elisabeth Kubler-Ross



Client Spotlight...

~Marschia Valentovich

When I lost, David, my incredible spouse of 33 years, it was devastating new territory. So very overwhelming with all the accrued possessions. Stephanie helped me start the process where I was comfortable. We began with outerwear and pants to which I had no large emotional attachment. The hardest part was getting started!!! She enabled me to do that. On my own, I was unable to put a foot forward. I will always appreciate the assistance of Steph and Squared Away Today to help me deal with this emotional task.

5 TIPS

Things you can do **RIGHT NOW**
to organize after loss.

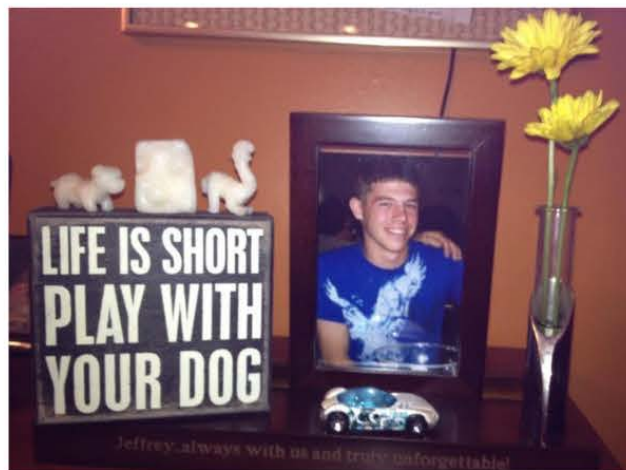
1. Be kind to yourself. It's okay to take time to ease back into life.

2. End with a laugh or smile. Feel your feelings, then remember something about them that makes you smile.

3. Open the dialogue. When you are ready to address their things, think about who would find it meaningful. Donate to a charitable organization or if a family member or friend, first and ask if they want it, giving permission to decline.

4. Lose the timeline. It's okay to keep things for as long as it feels right to you.

5. Find support. A friend, a pastor, a counselor, or a grief support group. Don't give up on the first try...find one that meets your needs.



RESOURCE SPOTLIGHT-GRIEF SUPPORT GROUPS

Please consider one of these resources to help you on your journey. www.griefshare.org and www.helpingparentsheal.org and [https://hospicefoundation.org/Grief-\(1\)/Support-Groups](https://hospicefoundation.org/Grief-(1)/Support-Groups) (this page offers a plethora of information about grief as well as a multitude of resources, some which are listed here.)

Compassionate Friends-support after loss of a child
AARP Grief & Loss Resources-support after loss of a Senior

American Foundation for Suicide Prevention-help after loss from suicide.

TAPS.org - help for grieving military survivors & families.

Whatsyourgrief.org - support for adults grieving loss