



## Grandy's Recipe for TEAR SOUP

### Helpful ingredients to consider

- \* a pot full of tears
- \* one heart willing to be broken open
- \* a dash of bitters
- \* a bunch of good friends
- \* many handfuls of comfort food
- \* a lot of patience
- \* buckets of water to replace the tears
- \* plenty of exercise
- \* a variety of helpful reading material
- \* enough self care
- \* season with memories
- \* optional; one good therapist and/or support group

### Directions:

Choose the size pot that fits your loss. It's ok to increase the pot size if you miscalculated. Combine ingredients. Set temperature for a moderate heat. Cooking times will vary depending on the ingredients needed. Strong flavors mellow over time. Stir often. Cook no longer than you need to.

### Suggestions

- \* be creative
- \* trust your instincts
- \* cry when you want to, laugh when you can
- \* freeze some to use as a starter for next time
- \* write your own soup making in a journal so you won't forget

Serves One

### Other Resources available through Grief Watch

- **The Love Stone** - When someone you know is feeling all alone or is awaiting the outcome...give them something to hold onto. 1"x1" ceramic squares, each individually textured, and imprinted with a heart.
- **The Remembering Heart** - Two beautiful, white hand-crafted ceramic hearts-in-one. When separated, the hearts are a reminder of the unbroken connection we have with our loved ones. The remembering heart can be worn as a necklace, hung as an ornament, or kept as a loving keepsake.
- **Support Cards** - Each pack contains 100 questions that asks the user to reflect or share about what they are feeling about a particular aspect of grief. Very helpful in understanding how expansively grief affects your life.
- **Feeling Hearts** - A soft bag containing 20 small ceramic hearts of varying textures and colors designed to provide an opportunity to express emotion. Especially in situations of grief and loss, using our tactile sense may help us "feel" instead of trying to "think" our way to healing.
- **Tear Soup Book** - The universal family book that teaches us that we grieve our losses. Grief reactions, while similar, are unique to the individual. Makes a wonderful gift to a grieving friend.

For more information please contact:

### **Grief Watch**

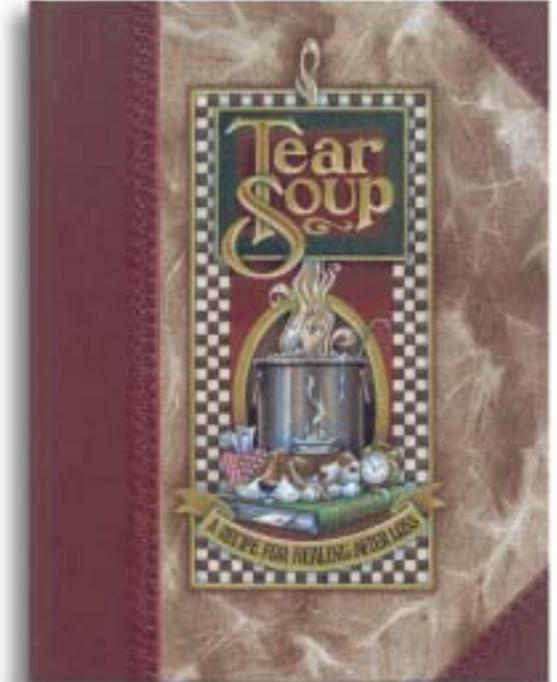
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# Tear Soup

*a recipe for healing after loss*

## Video viewers guide & grief tips



**A universal & timeless story  
that teaches us about grief**

### Family use of the Tear Soup Video:

View the *Tear Soup* video with your family. Here are some helpful questions to either think about on your own, or to discuss as a family:

- What would you like others to know to help them better understand your grief?
- What have you learned about crying? Can you anticipate what will make you cry?
- Who are the persons who have been most helpful to you in your grief?
- What have they done or said that was helpful?
- Are there things around this loss that make you angry?
- How have relationships with friends and family members changed since our loss?
- How do you think this loss will affect holidays and special occasions in our family?
- What do you think could have made things easier at the immediate time of our loss?
- In what ways are you now different because of this loss?
- In what ways are you coping with this loss differently from others in our family?
- What is your comfort food?
- How can we help each other?
- What is hardest for you right now?
- Do you have any regrets? Are there things you will never regret?
- If your best friend experienced a similar loss what advice would you give them.

### If someone you loved died:

- What is the most important thing you learned from your loved one?
- If you could tell your loved one just one thing, what would it be?
- What would we as a family like to do together to remember our loved one?

*Additional information and suggestions for viewing this video can be found at [www.griefwatch.com/tearsoup/video.htm](http://www.griefwatch.com/tearsoup/video.htm)*

### Educational use of the Tear Soup Video:

Tear Soup, the video, is a good educational tool for all children – those who have recently experienced a loss in their lives, and those who are learning that grief is a natural part of life.

Have the students work in groups and imagine that a person they know has suffered a great loss. What could they do to help that person?

- How did Grandy and Pops grieve differently?
- Grandy said she needed to be in a safe place to grieve. What did she mean?
- Why do you think Grandy wants to remember, even though it makes her sad?
- What do you think it means to burn your tear soup?
- Why do you think there are different sizes of pots?
- How long do people grieve?
- List other things that might cause you to grieve besides someone dying.
- Why is grief important?

### If there has been a recent death that affected the students you may want to consider these additional suggestions:

- Have an actual soup pot present, and ask students to write or draw their favorite memory of the person who died and place it in the pot.
- Write a sympathy note.
- Encourage students to discuss the ingredients they have personally used in making their own tear soup. What is their favorite ingredient? What is their least favorite ingredient?
- Make a collage that illustrates that person's life by using pictures from magazines, student drawings, or photos.
- Ask students to work in groups and act out different key points in the video.
- Have students journal the feelings they are experiencing around this loss.



## Grandy's Cooking Tips

- ❖ Grief is the process you go through as you adjust to the loss of anything or anyone important in your life.
- ❖ The loss of a job, a move, divorce, death of someone you love, or a change in health status are just a few of the situations that can cause grief.
- ❖ Grief is both physically and emotionally exhausting. It is also irrational and unpredictable and can shake your very foundation.
- ❖ The amount of "work" your grief requires will depend on your life experiences, the type of loss, and whatever else you have on your plate at that time.
- ❖ A sudden, unexpected loss is usually more traumatic, more disruptive and requires more time to adjust to.
- ❖ If your loss occurred through violence, expect that all the normal grief reactions will be exaggerated.
- ❖ You may lose trust in your own ability to make decisions and/or to trust others.
- ❖ Assumptions about fairness, life order, and religious beliefs are often challenged.
- ❖ Smells can bring back memories of a loss and a fresh wave of grief.
- ❖ Seasons, with their colors and climate, can also take you back to that moment in time when your world stood still.
- ❖ You may sense you have no control in your life.
- ❖ Being at work may provide a relief from your grief, but as soon as you get in the car and start driving home you may find your grief come flooding back.
- ❖ You may find that you are incapable of functioning in the work environment for a short while.
- ❖ Because grief is distracting it also means you are more accident-prone.
- ❖ The object of grieving is not to get over the loss or recover from the loss but to get through the loss.