Tear Soup

a recipe for healing after loss

Video viewers guide & grief tips

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

Grandy’s Recipe for Tear Soup

A universal & timeless story that teaches us about grief

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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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.