Some Practical Suggestions

SELF-CARE (respite, sleep, good food, body care, exercise)

ROUTINELY ENGAGE IN NURTURING ACTIVITIES (music, nature, things of beauty)

ESCAPE (books, hobbies, friends who don’t talk about caregiving)

RECOGNITION (cultivate friends and professionals who give you feedback)

TALK ABOUT IT/BE HEARD

ASK FOR HELP

MULTIPLY CHOICES (be creative, seek creative options)

MAKE INFORMED DECISIONS With The Best Information That You Have At That Time And Then Don’t Second Guess Yourself

ENGAGE IN SPIRITUAL PRACTICES

SAY NO TO SOME THINGS SO THAT YOU CAN SAY YES TO OTHERS

MAINTAIN THE VALUE-BASED REASONS FOR WHAT YOU DO

CHALLENGE YOUR NEGATIVE BELIEFS AND ASSUMPTIONS

PARTicipATE IN COMMUNITY ACTIVITIES

PLAN AHEAD (advanced directives of all kinds)

Prepared by Ted Bowman, from many sources
# Ambiguous Loss
with Pauline Boss, PhD

## Two Types of Ambiguous Loss

<table>
<thead>
<tr>
<th>PHYSICAL ABSENCE with Psychological Presence</th>
<th>PSYCHOLOGICAL ABSENCE with Physical Presence</th>
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<tbody>
<tr>
<td>War, terrorism (missing soldiers/civilians)</td>
<td>Alzheimer's disease or other dementias</td>
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<tr>
<td>Natural disasters (missing persons)</td>
<td>Traumatic brain injury</td>
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<td>Kidnapping, hostage taking</td>
<td>Chronic mental illness</td>
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<td>Missing body (murder, plane crash, lost at sea)</td>
<td>Coma</td>
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<td>Mate or child moving to care facility</td>
<td>Autism</td>
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<td>Young adults leaving home</td>
<td>Addiction: drugs, alcohol, gambling</td>
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<td>Immigration, migration, expatriation</td>
<td>Depression</td>
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<td>Incarceration</td>
<td>Complicated grief</td>
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<td>Foster care, adoption</td>
<td>Homesickness (immigration, migration)</td>
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<td>Divorce</td>
<td>Preoccupation with lost person, with work</td>
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<tr>
<td>Work relocation</td>
<td>Obsessions: computer games, Internet</td>
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<tr>
<td>Military deployment</td>
<td>Gender transitioning (also physical absence)</td>
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For further reading, see books and articles by Dr. Boss on back.
Books


Articles


