

S T R E T C H E D

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

PHYSICAL ABSENCE with Psychological Presence

War, terrorism (missing soldiers
civilians)
Natural disasters (missing persons)
Kidnapping, hostage taking
Missing body (murder, plane crash,
lost at sea)
Mate or child moving to care
facility
Young adults leaving home
Immigration, migration, expatriation
Incarceration
Foster care, adoption
Divorce
Work relocation
Military deployment

PSYCHOLOGICAL ABSENCE with Physical Presence

Alzheimer's disease or other
dementias
Traumatic brain injury
Chronic mental illness
Coma
Autism
Addiction: drugs, alcohol,
gambling
Depression
Complicated grief
Homesickness (immigration,
migration)
Preoccupation with lost
person, with work
Obsessions: computer games,
Internet
Gender transitioning (also
physical absence)

Source: Adapted from Boss, P. (2016). The Context and Process of Theory Development: The Story of Ambiguous Loss. *Journal of Family Theory & Review*, 8, pp. 269-286.

For further reading, see books and articles by Dr. Boss on back.—————→

Books

Boss, P. (2011). *Loving someone who has dementia: How to find hope while coping with stress and grief*. San Francisco, CA: Jossey-Bass.

Boss, P. (1999). *Ambiguous loss: Learning to live with unresolved grief*. Cambridge, MA: Harvard University Press.

Boss, P. (2006). *Loss, trauma, and resilience: Therapeutic work with ambiguous loss*. New York: Norton.

Boss, P., & Bryant, C. M., & Mancini, J. (2017). *Family stress management: A contextual approach* (3rd ed.). Thousand Oaks, CA: Sage.

Articles

Boss, P. (2015). Coping with the suffering of ambiguous loss. In R. E. Anderson (Ed.), *World suffering and the quality of life* (pp. 125-134). New York: Springer.

Boss, P. (2012). Resilience as tolerance for ambiguity. In D. S. Becvar (Ed.), *Handbook of family resilience* (pp. 285-297). New York: Springer.

Boss, P. (2012). The ambiguous loss of dementia: A relational view of complicated grief in caregivers. In M. O'Reilly-Landry (Ed.), *A psychodynamic understanding of modern medicine: Placing the person at the center of care* (pp. 183-193). London: Radcliffe.

Boss, P. (2010). The trauma and complicated grief of ambiguous loss. *Pastoral Psychology*, 59(2), 137-145.

Boss, P., & Carnes, D. (2012). The myth of closure. *Family Process*, 51(4), 456-460.

Boss, P., & Dahl, C. M. (2014). Family therapy for the unresolved grief of ambiguous loss. In D. W. Kissane & F. Parnes (Eds.), *Bereavement care for families* (pp. 171-182). New York: Routledge.

Boss, P., Roos, S., & Harris, D. L. (2011). Grief in the midst of uncertainty and ambiguity. In R. A. Neimeyer, D. L. Harris, H. R. Winokuer, & G. F. Thornton (Eds.), *Grief and bereavement in contemporary society: Bridging research and practice* (pp. 163-175). New York: Taylor and Francis.

Boss, P., & Yeats, J. R. (2014). Ambiguous loss: a complicated type of grief when loved ones disappear. *Bereavement Care*, 33(2), 63-69.