



Thankyou so much for coming to see WHOLE and sharing this experience with us. We're very aware that for many, the themes explored in the play may hit a little close to home, so Emma and the team have worked together to create this mini pack of support resources and activities. We hope there'll be something here for everyone, and that they will help give you some space to decompress, reflect and soothe, both immediately after the show, and whenever you feel the need to return to them:

SPOTIFY PLAYLIST

We've created a playlist to help support you on your journey home following the show, containing songs that have allowed me space to reflect on my grief ~ Emma x

<https://open.spotify.com/playlist/1w4IC7ynBt8B8pDJb80aPf>

CHATS & PHONE LINES

- Cruse Bereavement Support: 0808 808 1677 - <https://www.cruse.org.uk/>
- MIND's collected list of UK grief support services (These are amazing if you're in need of support from a specific angle): <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/useful-contacts/>

PODCASTS TO LISTEN TO:

GriefCast - <https://cariadlloyd.com/griefcast>

Terrible, Thanks For Asking - <http://www.noraborealis.com/podcast/>

Grief Works Podcast - <http://www.acast.com/griefworks>

BOOK RECOMMENDATIONS

There are lots of books out there on grief, these are a few of Emma's personal recommendations to help continue supporting you over the next days, weeks, and however long you need:

- The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief - Francis Weller
- It's OK that you're NOT OK – Megan Devine
- The year of Magical Thinking – Joan Didion
- Grief is the Things with Feathers – Max Porter
- Healing into Life and Death – Stephen Levine

Books for kids:

The Invisible String – Patrice Karst

OTHER SUPPORT ORGANISATIONS:

The Lone Twin Network - <https://lonetwinnetwork.org.uk/>

The Good Grief Project - <https://thegoodgriefproject.co.uk/>

INSTAGRAMMERS TO FOLLOW

@Lifedeathwhat

@Thegriefcase

@Dyingmatters

@Siblinggriefclub

@Projecting_grief

@Thegriefgangpodcast

@Untanglegrief

@Fandangokid

REFLECTIVE CREATIVE RITUALS

If you feel you would like to channel or express some of the emotions that might have been brought up for you in WHOLE tonight, Emma and the team have devised a few creative offerings that might help:

1. Say or write your person's name. If you feel you would like to, share a memory of them with someone over the next few days.
2. Write a letter (and maybe a response to the letter) - It doesn't need to be sent. Though if you wanted to write the letter to a person that is no longer with us, sometimes burning the letter and watching the smoke go up into the ether can be a beautiful ritual too.
3. Go for a walk and find a tree that feels inviting. Stand with your back to it, lean against its trunk, and if it feels good, close your eyes. As you stand there, imagine how many years the tree has been there - how deep its roots go, how much it could have witnessed around it. Stay for as long as you want. Imagine your feet like tree roots, going down into the earth. Grounded. Let your body be supported by the tree. Write down anything that comes to you after doing this.
- 3, When you get home tonight. Play your person's favourite song really loudly and dance wildly for the both of you.

All our love, support and gratitude, the WHOLE team xx