

## What Are Grief Triggers ?

**Grief Triggers** are those multisensory experiences that bring the pain of your loss to the forefront of your mind.

- \* **Triggers are a normal part of the healing process.**
- \* Triggers can be sudden and catch you off guard, even take your breath away.
- \* **As quickly as triggers hurt you, they can be gone.**
- \* Triggers can happen years after your baby has died.
- \* **Most often triggers are unpredictable but can also surface around holidays, birthdays, anniversaries or special events.**
- \* You can't avoid triggers but you can prepare yourself for the emotions you may experience.

### Some common triggers are:

Hearing a song or seeing a TV show; Going to or seeing a photo of a special place; Familiar smells or sounds; Unsolicited phone calls asking about your baby, or well-meaning comments from people who accidentally say something hurtful, etc.

If you find that your grief becomes worse over time or makes you unable to function in daily life— please consult a grief counselor.

## Coping With Grief Triggers

### A Calming Exercise

For when you are feeling anxious or overwhelmed. This may help to redirect your thoughts

### Thinking of:

#### 5 Things I can feel

(my sweater, the pattern on the chair, the pillow, the breeze, etc.)

#### 4 Things I can hear

(the hum of the refrigerator, the family pet, the birds chirping, rain, etc.)

#### 3 Things I can see

(sunlight, favorite flowers, bright colors, flowing stream, etc.)

#### 2 Things I can smell

(cookies baking, clean laundry, etc.)

#### 1 Thing I can taste

(refreshing lemonade, melting chocolate, sweet strawberries, etc.)

*This document was developed by the Fetal Infant Mortality Review Behavior Wellness Sub-Committee of Davidson County and is brought to you by the IRIS Umbrella Project.*



IRIS  
Umbrella  
Project

Increasing the Rate of Infant Survival  
Chattanooga-Hamilton County Health Department



## Grief Hurts

*Helpful Hints for Parents  
Family & Friends*

Local Resources for grief  
counseling and support

Hospice of Chattanooga  
[www.hospiceofchattanooga.org](http://www.hospiceofchattanooga.org)

Compassionate Friends of Chattanooga  
[www.compassionatefriendsofchattanooga.org](http://www.compassionatefriendsofchattanooga.org)

"Moments to Share", infant loss  
support group, contact Lisa  
Cahill 423-778-5149

# Receiving “baby related” mail, email, calls, and text after a loss can be upsetting. The information below will help.

It may take up to 6 weeks for the messages to stop due to the time it takes to process your request.

**Tip:** Ask someone to help. Friends and family often want to help but don't know what to do. This is something they can do for you.

**Mass Mailings:** Write a note asking them to remove your name from all mass mailing lists. Send your name (include all variations) and address to :

Mail Preference Service  
PO Box 9008  
Farmingdale, NY, 11735 +9008

**Text4Baby Service:** You simply need to text the word **STOP** to 511411.

Text4Baby cannot process your STOP request via email, so please text only.

**Online:** Always scroll to the bottom of the email and look for the word “unsubscribe” in the fine print– click the link and follow the directions.

To stop specific companies from sending mail visit [www.dmachoice.org](http://www.dmachoice.org)

## Phone Calls:

You can register on-line for the national do not call registry by going to [www.donotcall.gov](http://www.donotcall.gov)

If you need to register by phone, you may call 1- 888-382-1222: for TTY call 1-866-290-4236. You must call from the phone number you wish to register.

## Insurance Companies:

If you are receiving correspondence from your insurance company that may be disturbing to you, you may contact the customer service department of your insurance company to discuss it with a representative. You will find the customer service number for your insurance plan located on your insurance card. Call this number, let the representative know your concern and ask for assistance.

## Books from Birth - Imagination Library:

Deleting a name from this program may be completed by visiting: <http://www.governorsfoundation.org/getattachment/Learn/Resources/IL-Directory-July-2014.pdf>

They need to know the child's name, date of birth, and the county where they are located.

## Gift Registries:

For most retail stores you can call and ask a store manager or representative to remove your name and delete your registry.

**For BabiesRUs:** If you need to delete an entire Baby Registry, please contact Guest Services (1-888-222-9787).

**For Target:** Whether you registered in-store or online, all registries remain on file with them for 548 days (18 months) after your event date. If you'd like to delete your entire registry, you can do so on the settings page of your registry. You must sign in to your Target.com account to delete your registry. Please remember that you will not be able to access your registry again.

**For Walmart:** To delete a Walmart registry

1. Login into account
2. Click “Registry” at the top of any page on [Walmart.com](http://Walmart.com)
3. Click “Manage” under the type of registry you wish to edit
4. Choose “Registry Settings” (center)
5. Delete the registry (bottom right)