

## 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.

### *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, the rain, etc.)



### *3 things I can See*

(sunlight, favorite flowers, bright colors, 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 developed by the by the Fetal Infant Mortality Review Behavior Wellness Sub - Committee of Davidson County and brought to you by the IRIS Umbrella Project.*



*All Babies Deserve a Chance to Soar*  
**Fetal Infant Mortality Review**



## Grief Hurts

*Helpful Hints for Parents  
Family & Friends*



## Receiving “baby related” mail, email, calls, and text after a loss can be upsetting. The information below will help. It can take up to 6 weeks for messages to stop. This is because of 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 Mailing:** Write a note asking them to remove your name from all mass mailing list. Send your name (include all variations) and address to :

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

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

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

**E-mail:** 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.

Additionally, services like **Unroll.Me** (<https://unroll.me/>), which is free to use, can allow you to unsubscribe from many companies' emails at the same time.

### Phone Calls:

You can register on-line for the national do not call registry by going to [www.donotcall.gov](http://www.donotcall.gov) By phone: 1-888-382-1222 (TTY call 1-866-290-4236) **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 number for your insurance plan located on your insurance card. Let the representative know your concern and ask for assistance.

### Books from Birth- Imagination Library:

Deleting a name from this program is very simple. They need to know the child's name, date of birth, and the county they were located in. For Hamilton County, IL is sponsored by Signal Centers who can be reached at 423-698-8528.

Other programs within state: <https://governorsfoundation.org/gelf-resources/contact-an-imagination-library-program-affiliate-directory/>

### Gift Registries:

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

**Amazon:** List > Settings > Delete > “Yes” to confirm.

Note: After deletion, it can take up to an hour for the listing to disappear from the search results page. You can't retrieve your Baby Registry after you delete it.

**Babylist.com:** (1) Log into your account and go to the settings page. (2) Scroll down to the bottom of the page and click on the “Delete Account” button. (3) Enter your password to confirm and click on the “Delete Account” button again. Your account will now be deleted and you will no longer be able to log in or use the site.

Friends/family can also email [support@babylist.com](mailto:support@babylist.com)

**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:**

(1) Login into account (2) Click “Registry” at the top of any page on 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)

### Social Media Targeted Advertising:

#### Facebook:

(1) Tap in the top right of Facebook. (2) Scroll down and tap Settings. (3) Scroll down to Permissions and select Ad Preferences. From your Ad Preferences page, you can update your interests, choose what Facebook information we use to show you ads and adjust your general ad settings.

More info: <https://www.komando.com/privacy/stop-facebook-targeted-ads/554512/>

#### TikTok:

**Remove targeted ads:** Profile>Settings and Privacy>Ads (under “Content and Display”)

**For You Page:** There's no official way to reset the TikTok algorithm, but there are a few steps you can take to help retrain it to change what you see on the For You page:

(1) Clear your cache. From your profile, tap the 3-line icon, then tap Settings and Privacy, then Clear cache.

(2) Unfollow accounts. From your profile, click the number above Following, then unfollow anyone you no longer want to see content from.

(3) Like more of what you do want to see. Send new signals to the algorithm about what you'd prefer to see by liking the types of videos you want to see more of.

#### Instagram:

(1) Open the Instagram app on your mobile device. (2) Tap the profile icon at the bottom-right of the screen. (3) Tap the three-bar menu at the top-right corner, then tap Settings. (4) Now scroll down and tap Ads.

Under Ad preferences, tap Data about your activity from partners. This will show you your Instagram and Facebook accounts. The account from which Instagram sources data to show you personalized ads will be selected, with the toggle bar highlighted blue and to the right-hand side. Select the account you want Instagram to use to show you personalized ads.

You can also see fewer ads about certain topics, such as alcohol, parenting, and pets. Simply click the arrow pointing to the left in the top-left corner of the screen, then tap Ad topics under Ad preferences. Now select the topics you want to see fewer ads from.