

Stacy Remke ([00:07](#)):

Hello everyone. Welcome to the practice space where we'll explore ideas and skills to support us in our professional practice. I'm Stacy Remke, a clinical social worker, and currently a professor at the University of Minnesota's Graduate School of Social Work. Before coming to the university, my practice experience was in the field of pediatric palliative care where I dealt with complex themes like grief loss, child welfare, and sustainability. Within the field, I have a great interest in exploring how social workers can find support and develop skills to sustain their important practice.

Sara Remke ([00:40](#)):

And I'm Sara Remke. I'm a practicing end of life doula and a meditation teacher. I have a particular interest in energy and boundaries. I also have a private practice where I work with individuals and professionals, often therapists and caregivers, where we explore these various concepts and how they intertwine with our work. How and what does our energy communicate? How do we discern our own energy versus someone else's energy? And how do we create and maintain these boundaries? I find these subjects absolutely fascinating. And I am the sister of Stacy Remke.

Stacy Remke ([01:21](#)):

Thanks for joining us in this space, the Practice Space. We would like to talk about the intersections between our meditation practice and our various clinical practices and how we've found these skills to be really helpful with promoting our wellbeing and also our engagement with our clients. Hi Sara.

Sara Remke ([01:45](#)):

Hi, Stacy.

Stacy Remke ([01:46](#)):

Are you ready for another interesting conversation?

Sara Remke ([01:49](#)):

I am.

Stacy Remke ([01:51](#)):

Well, today we thought we would talk about grief, and the reason that we wanted to talk about that is not only, I always remember in April, which is when we're recording this, that our dad, who I don't know why, but he always used to quote in old English, a little bit of Chaucer. April is the cruelest month breeding lilac out of the cold ground. TS Elliot also used this idea and some of his poetry, and I think it's just true for a lot of us, it's spring brings with it that sort of struggle between life and new growth. And also we have to clear away the old dead leaves and everything like that. Anyway, we also just recognize that in our work we run into a lot of people's grief, our own as well as that of other people. It's a universal experience, and so it's kind of inevitable that we would react, respond, be sensitive to the grief of other people. Some of the old sages have said that the awareness of our mortality and our grief are the things that separate us from the beast of the field and the plants, everything else. And the idea that our mortality is part of who we are as human beings, our awareness of our mortality as part of who we are as human beings.

Sara Remke ([03:22](#)):

And I love how you bring that poem in there because tuning into nature is really a wonderful way to tune into that cycle of birth and death. And it's happening all around us all the time, but we don't necessarily track it all the time.

Stacy Remke ([03:41](#)):

And you might start feeling wistful or a little bit sentimental, and those kinds of experiences can be a little cues, little clues to us that maybe we have some grief to explore.

Sara Remke ([03:56](#)):

Well, the other beautiful thing about that is the idea that sometimes new birth coming out of grief requires some energy or requires it requires some tending, and we don't always think about that.

Stacy Remke ([04:13](#)):

Absolutely. That's a really good point. And I think that a lot of times in hospice circles, we've observed in fact that a lot of people die in the late fall, but also in the spring. And I think that that appreciation for the fact that that resurgence of life requires us to meet it in some way. And that's exactly that energy I think that you're talking about. And some people just feel like they can't. So something to be aware of. So I wanted to just comment though that when we encounter in other person's grief, we can get what we call in our meditation system lit up. And what that means is we get kind of activated internally in a way that can be very uncomfortable for one, but it's also a signal that there's something going on that we can take a little time to process in a way that could be super helpful. And I wonder, Sarah, if you could say a little bit about what we mean by being lit up.

Sara Remke ([05:21](#)):

Yeah, I think there's actually two things that go on there. One is we encounter someone else's grief and we just kind of enter into it and we don't necessarily have a distance or a boundary to understand that that's someone else's energy, and it's not my own energy. So that's one thing that happens. And we can become sort of overwhelmed walking into the atmosphere of grief, not being able to hold our own center, our own energy. We may think that that's being sensitive and helpful to the other person, but often it's not holding your own energy when you walk into that situation is going to be more helpful to the person who's kind of submerged in their own grief than you joining them. The second part of that is what does that mean to get lit up? What that means is that we have unprocessed assimilated experiences that we hold within our own energetic space, and we call them pictures.

([06:28](#)):

I think of a little Polaroid. People don't really have those anymore, and your whole system is full of these pictures. When one of those pictures get lit up, it can really rattle you and you sort of start to feel jangly and you don't really know why you feel jangly. And that could be something like it's April and you walk in and somebody's dad just died and it lit up your own pictures of your dad who died in April maybe 30, 40, 50 years ago. But that there could be something that has not yet been assimilated. And so that lights up for you. The really good side of that is that things don't light up until they're really close to the surface and it means they're getting ready to go. So you can be thankful that you're lit up, but it can definitely be uncomfortable.

Stacy Remke ([07:21](#)):

I think that point is really important to accentuate that it's an opportunity to process a new layer, if you will. It's not like a failing, it's not like we didn't do it right the first time or anything. It's just like, oh, no. Yeah. But I think a lot of people might misunderstand it that way. I think you described it really well, but I just want to be alert to the fact that some people might misinterpret that we process things as much as we can at the time, and then there's still some more. It's like peeling an onion and sometimes you need to grow and develop maturity or skills before you're ready to process that next layer. And so getting lit up, like you say, is a signal that maybe we're ready to do another piece of work on it.

Sara Remke ([08:08](#)):

The experience that you have when you're 15 or when you're 20, you have certain skills, and when you're 50 or 60, you've gotten a whole bunch of new skills. And so when you're able to turn around and look at it from that viewpoint, you are able to go to a deeper level of assimilation.

Stacy Remke ([08:29](#)):

And it's not even just skills, it's also perspective as a person my age, thinking about what it was like to lose a father at the age I did versus when it happened when I was much younger. Those perspectives have value too, and lessons to be gleaned for sure.

Sara Remke ([08:52](#)):

I mean, we're really lucky, right? Because we're sisters and we're able, but here we are in our sixties talking about things now with each other. Well, how do you remember it and how do you remember that? And a lot of people don't have that, first of all, that person with that shared memory that they can compare notes with. But this is also not something that we've been doing all along. This is kind of more recent that we're like, well, wow, what was happening then? Because somehow we're able to be at a new viewpoint, as you say, and to compare notes. And I think that's something that's happening in us all the time, for sure, that spiral every time come around to the same place. But you've got a different view

Stacy Remke ([09:36](#)):

Bringing in the poets, William Butler Yeats, and his idea of joys. And I do think that we have been fortunate that in our sibling circle, we have been able to talk a lot about grief over the years. And it does keep showing up in new ways or from these new vantage points. But again, I think it's a nice idea to cultivate a couple relationships where you can talk about grief. And I think about in our work, one of the ways that we process our sensitivity to the grief of others is through understanding in mental health or social work circles. We talk about countertransference and wanting to be aware that because we carry our own grief, it's easy for that to be amplified in our encounters with clients. And it actually gets a little muddy what belongs to them and what belongs to me because they're both true at the same time that they're having their own grief and I have my own that lights me up. And so that sort of shared recognition of grief might not be as commonplace as that sort of activation or getting lit up. And so I guess we want to draw people's attention to that and encourage them to explore those experiences when they start to come up.

Sara Remke ([11:00](#)):

Well, yeah, and I mean, I dunno if it's too esoteric, but I mean, there's that old theory that your clients bring to you what's good for you to look at. And that's the same process of being lit up

Stacy Remke ([11:14](#)):

For sure. And I just found that this whole concept of getting lit up and being able to move pictures out of my space and recycle that energy as incredibly helpful, I think of myself as someone who was always very sensitive to the emotions of other people, especially grief. And sometimes I would start to feel grief when I didn't even know that I was interacting with someone who was deep in grief. And so it was actually a really painful aspect of my work for a while, not being able to figure out how to process it, how to work with it. So I feel very grateful to have learned some tools that allow me to recognize it, first of all, and then sort of process it or metabolize it or assimilate it as you mentioned, and then renew the flow of energy in my own space. So I feel less burdened by that.

Sara Remke ([12:16](#)):

And I think it's really important to look at it in terms of, it really is an energetic thing, so you don't have to go back and re-experience all the emotions over and over again. You just go, oh, okay. Something in me got lit up. There's some piece of me that I haven't quite figured out how to integrate into my emotional mental body, and it is just a language, but pictures is a very neutral way, I think, to talk about that and to look at that. And again, I know people are really nervous about, I don't want to go back there and feel all that. We're not asking you to do that. I think that the idea of pictures, it gives you a natural distance as a way to work on those things.

Stacy Remke ([13:01](#)):

Absolutely. And I love that personally to learn that I didn't have to be conscious of what it was about. I didn't have to go back and relive it, but I could just move that energy, kind of break it up. I actually recently had tendonitis and I sort of picture the physical therapy I had is sort of similar. You just go in there and you work those knots until you break up that blockage and then things can flow better. Rebuilds the flow, the resilience.

Sara Remke ([13:36](#)):

Yeah, I mean, that's a really good point. I mean, we all experiences cause tension and cause knots, and of course you can get very, very subtle and nuanced about it, but you also can just untie those knots without really necessarily having to know what that knot was.

Stacy Remke ([13:58](#)):

Yeah.

Sara Remke ([13:59](#)):

Yeah. That's really important piece.

Stacy Remke ([14:01](#)):

Yeah, I think if we can all relate to having found a lump of yarn that's been all knotted up or rope or something, and we don't know how it got that way, but we can still take a little time and spend a little energy untying it.

Sara Remke ([14:16](#)):

And I think it's really important to recognize that people's griefs are really different. I mean, there's grief of a death. There's a grief about life that didn't happen. There's a grief of a missed opportunity. There's a grief of, we saw that wonderful play where it was like ancestral grief. People are carrying those things

and you can't blame someone for not assimilating an ancestral grief that they didn't even know was there. So this really is not about blaming. This is about the more you can open up and allow those things, the freer you actually become,

Stacy Remke ([15:00](#)):

And then that helps you experience your own boundaries in a way that brings greater clarity. I think when you get more adapt at differentiating your own energy from those of other people, it just kind of helps, oh, this is me. This is who I am, then this is how I interact with the world.

Sara Remke ([15:19](#)):

Let's give a shout out to that. Phantom Grief was the name of that play, the Puppet show. It was very, very powerful about how that grief is kind of nagging at the character. And the character doesn't really know what that is or where it came from.

Stacy Remke ([15:35](#)):

It was like a dog nipping at their heels kind of thing, asking to be fed. Yeah, it's beautiful motif. Yeah, I was just going to say that I think of the grief that can also come from positive things like a child going off to college or graduating. It's bittersweet. There's grief for the baby once were, even though you're also happy that they're moving on in life. And I think of just those things that are a mixed bag that are so hard that if we look at it in a binary way, if I experience grief, I'm downplaying the joy of it. But that's not the case. It's just like a thread that's interwoven through everything.

Sara Remke ([16:19](#)):

And I would even argue that the more you're able to allow your grief, the more joy you actually are able to take part in. I mean, it's sort of one of those maybe doesn't exactly make sense, but once you really begin to get into it, it gives you more depth of life

Stacy Remke ([16:38](#)):

And things are both, and they coexist. And I think about families and child welfare for example too, where there's just so much grief. There can be intergenerational grief and trauma, also grief about separating children from their parents. There's just so many different permutations that can take the form of, and I've heard child welfare workers talk about recognizing they're dealing with grief all the time and not having skills or knowledge about how to process it really. And it is tricky when it's not your own per se, but as a sensitive human being, you might resonate with it to a degree. And then of course in the work that you do, and I do, we're working with people who are actively dying or dying and that kind of grief. But all the griefs along the way, the health that I once enjoyed, or even the grief of just getting older and can't just leap out of bed in the morning. You have to kind of let your joints warm up a little bit.

Sara Remke ([17:46](#)):

You used to be able to be out of the house in five minutes, and now it takes an hour.

Stacy Remke ([17:50](#)):

And we could laugh about it, but also it's like there's a bit of grief dropped into there.

Sara Remke ([17:57](#)):

Yeah, it's real. It's real. Same thing about maybe you've got a child who's terminally ill, and you can have moments of laughter in the midst of that. It's like that both end and the more room you can leave for all of the emotions

Stacy Remke ([18:17](#)):

And grief does, it moves in waves or we talk about how it oscillates and that you kind of naturally find a rhythm, which when you're acutely grieving, it can feel very jerky or jangly. That was a good word, that as you move back and forth between focusing on the loss and focusing on more restorative or kind of life affirming things, and then gradually the rhythm becomes smoother and easier, and eventually you've sort of oscillated enough that you can kind of find a resting place. And I think that some of the skills that we have come to use help with that oscillation too, and just sort of a calm center while that's going on.

Sara Remke ([19:08](#)):

I think too, it's really helpful to remember that when you do walk into that scenario that's full of grief and the temptation is just to allow that feeling to be pervasive. It's really important that you, by holding your own energy, it's a window for the person who's in the midst of that, right? You don't want to pretend that that grief is not there. But you also, by holding your own self, you're showing them that there is something else besides that.

Stacy Remke ([19:41](#)):

Yes. And you could even invite that. You could use a gauge, put a little needle gauge out in front of you and ask, how much of this is my energy? Or how much of this belongs to this person that I'm with? And that gives you an idea, maybe of what to do next. And I think about that idea, I think we've talked about before, where you can kind of breathe the emotion out in almost like a thought bubble and let it get as big as it needs to. And grief can be one of those emotions that you kind of send out, observe, and send away.

Sara Remke ([20:19](#)):

Yes.

Stacy Remke ([20:20](#)):

I wonder if you could talk about some other skills that people could use to process metabolize these kinds of feelings being lit up.

Sara Remke ([20:30](#)):

Yeah. Yeah. So I think the first thing that we always want to do is to ground ourselves. And we've, let's just lead ourselves through a little exercise of grounding, saying hello to the edges of our aura, which is our own personal emotional space. We all have that 360 degrees around our body. Everybody has that. So that helps you to begin to see what is my energy? What is somebody else's energy by? The more familiar you become with that oval shape that surrounds you, that will help you to begin to differentiate between what is mine and what is somebody else's. So let's just take a couple of nice deep belly breaths.

([21:20](#)):

Just breathe in all the parts of yourself from any time and any place. Just breathe those in. Breathe in all your scattered awareness. Want to exhale, just a nice big release of whatever's ready to let go. Whatever's not yours. Just breathe that out and then find that place in the center of your head. Remember, it's a couple inches behind your eyes and just over your ears. You're not trying hard to see. You just go to that spot to really rest and find that spaciousness. And once you find that place, you're just going to invite the grounding cord to come all the way up from deep in the very center of the earth. That's 4,000 miles. Let that come all the way up and meet you at the base of your spine, also known as their first chakra. And let that be three inches, six inches. It could be as wide as your hips if you're feeling really like there's a lot of emotion around. Make that grounding cord nice and wide, and really just allow yourself to feel the support of the earth. It could almost be like a chair that you sit on and then breathe deeply into your belly. You really want to keep breathing. It's easy to stop breathing. Just keep deep. Deep belly breaths will help you relax.

[\(22:45\)](#):

And then you can either imagine or actually take your arms straight up over your head and bring them down the sides of your body, finding your own personal energetic space. We call that the aura. And you want that to be three, four feet out from your body in all directions. You could put a band of color around that, like a nice blue or green or gold is always very neutral. And if you find yourself kind of jangly, you just ask yourself, what is that? Where is that? And maybe you feel that kind of over your left shoulder. Well, you could imagine a grounded vacuum and just bring it up. And you could just kind of vacuum that out.

[\(23:41\)](#):

You just say to yourself, oh gosh, I feel lit up here. What's lighting me up? Is that me? What is that? Ask yourself those questions. Is that mine? And as you just vacuum out those places where you feel something lit up where you just feel a little bit of a twinge in your shoulder, maybe something in your hand or your leg, you just vacuum out those areas. If it really belongs to you, it will come back. If it doesn't come back, it means that was somebody else's energy that was in your place. And then if it does come back to you, you can just imagine putting those pictures out on a rose. Just sort of explode that rose and recycle that energy back into your crown, back into the top of your head, and just bring that energy back into yourself with who you are today. A we call that current time. You're just bringing that back into yourself.

[\(24:49\)](#):

If that was an experience you had at age 12, and now you're 45, you're bringing that experience back with a new eyes, with a new understanding of who you are today in this moment, all the things you've learned since you were 12, with those fresh eyes and new understanding, maybe you have a lot more ability to see the complexities of life that it was. And then you just want to really say hello to the people that you are engaging with from this very grounded place. You just say hello. You're not asking them to be any different. You're just seeing them exactly where they are in this moment. You're not asking them to hide their grief. You're not asking them to not have it, but you're also saying hello to the fact that they are much, much more than this grief.

[\(26:04\)](#):

And by doing that, even if they can't feel it in the moment, when you say hello to that in them, somewhere inside of them, they will feel recognized that they are much more than this moment in time. And then when you're ready, you just want to release your grounding cord. Maybe after you leave your visit, when you walk out the door, release your grounding cord, create a new grounding cord, bring that all the way up to the base of your spine, replenish, bringing lots and lots of gold, cosmic energy from

well above your crown, well above the top of your head. And just let that fill throughout your entire personal aura, personal, energetic space. It's your personal emotional space. It's that egg shape that surrounds you in 360 degrees. And just fill that space with fresh, neutral, golden cosmic energy. And that's something that we can do after each visit, after each encounter, knowing that you can fill your space with fresh, neutral energy, and you're going to encounter someone else. And things are going to get shifting and changing and jangling. Again, that's just a fluid, fluid space that we can always be replenishing and clearing.

Stacy Remke ([27:41](#)):

And in this lifetime, we'll never be done clearing it. So it's like the ongoing effort. Yeah.

Sara Remke ([27:49](#)):

I mean, because that's life

Stacy Remke ([27:51](#)):

Sort of brushing our teeth or something.

Sara Remke ([27:53](#)):

That's life. I mean, we encounter different people and Exactly. Brushing your teeth, brushing your hair,

Stacy Remke ([28:01](#)):

Scrub out your aura,

Sara Remke ([28:03](#)):

Clear out the debris.

Stacy Remke ([28:05](#)):

Yep.

Sara Remke ([28:06](#)):

I always think of cleaning your house.

Stacy Remke ([28:08](#)):

I was thinking that was a nice exercise. And I was thinking that sometimes when I would, I think we've talked about this before on our podcast too, but the idea that you could put a rose out between you and the other person, use your imagination to kind of set that out there to differentiate your space from the other person. And then I also, when I knew I was going into a tense encounter or found myself in a tense encounter with my clients or whatever, I'd actually create almost like a gyre or a slinky shape of roses all around me, up and down throughout. And I would just let them create and destroy roses, create and destroy pictures of energies that are not my own as we were going. And then that was just something I could do for myself to use that sort of meditation practice with the intention of trying to be clear, I guess, in my own space, and not get hooked by the emotions or drama or whatever it was that was going on, if that makes sense.

Sara Remke ([29:25](#)):



Well, it does. And that actually by creating that rose between yourself and that other person, it reminds you not to go into their space. It reminds you to allow them their own personal space, and you have your own personal space, and then you begin to communicate from a different place. That's really important. That's a really big key piece of true intimacy. We're not imagining what the other's thinking and feeling. We're allowing them their place and we're having our place, and then we communicate from there. I think the big thing about grief is to really just say hello to it, to not shy away from it, to not be afraid of it. So many of us are uncomfortable with grief that we just want it to go away.

Stacy Remke ([30:14](#)):

And I've heard so many people, and I've definitely felt it myself, that it can feel so big that you won't survive it like a big crashing wave. But we are built for grief. We are hardwired for it. And the challenge is to learn to surf those waves, or whatever metaphor, climb those mountains.

Sara Remke ([30:34](#)):

Living in Minnesota, we're blessed with having four seasons. I mean, that is the cycle of grief.

Stacy Remke ([30:41](#)):

Yeah, It is.

Sara Remke ([30:41](#)):

To just really notice that

Stacy Remke ([30:43](#)):

Yeah those kind of rhythms of nature that remind us our human predicament for sure. Yeah. When I think, of course we're talking about grief today, but there's so many other emotions that these same skills could be helpful with anger or whatever.

([31:04](#)):

So feel free to adapt in whatever ways are useful. And I think for me, the main takeaway would be to develop some comfort level with using these skills frequently and often. It doesn't have to be a huge, daunting task. You don't have to sit in one place for an hour or do it every day even. But although that's recommended, and the more you do it, the more the easier it gets, and the more you are able to clear and be in flow with your own energy. But start wherever you can and see if you can notice,

Sara Remke ([31:42](#)):

See what you notice. And it does not have to be perfect experiment, explore. These are tools to help you. It doesn't have to be perfect. It's just like if you don't know what to do, just start exploding roses. Yes. That in and of itself will bring you a certain awareness. Yeah, it's really powerful

Stacy Remke ([32:06](#)):

That Rosie Gyre, that's kind of a common image for me, often shows me that just how much I'm dealing with that I didn't even appreciate when I look and see what I've been recycling in the process, you can move that into the background. Just let it continue to process for you while you're paying attention to something else. Yeah, I love it. Yeah.

Sara Remke ([32:34](#)):

And I mean, the world is not black and white, and the more that we can allow for those subtleties and those nuances, the more helpful it will be to everyone around us.

Stacy Remke ([32:46](#)):

And I think also to appreciate that complexity, and I want to say the mystery of it or the majesty of it too. It's incredible and fascinating and inspires my curiosity, and I like that.

Sara Remke ([33:05](#)):

And often grief is, as you say, a mask for anger or depression or there's a lot of it's, it's never just one thing, right?

Stacy Remke ([33:17](#)):

Grief is very multidimensional and shows up in moods and emotions and physical experiences and social and personal behaviors and activities of daily living, cognitive experiences that people have, spiritual experiences. That's one of the things that makes it so challenging is it's unique for everybody. Their experience is going to be unique and it's going to be unique to the relationship. So one grief is not going to be the same as another. Grief and experience helps somewhat, but it doesn't really assuage the grief. And so understanding the dynamics of grief hopefully empowers us a little bit to carry on

Sara Remke ([34:09](#)):

And to remember that grief for a child is going to be very different than grief for a 40-year-old.

Stacy Remke ([34:16](#)):

And also just find your own grief buddy, one or two people that you can talk to about these things. So important to be able to explore and reflect and just share, carry the burdens with another person. It's really important.

Sara Remke ([34:35](#)):

I was just thinking we're really lucky because we're sisters and we're able to talk about this, but we also come from a family of seven children, and not everyone can talk about it in the same way. So I want people to know we're lucky. So when you say find your friend or find your other person, there's someone out there for you to explore these things with.

Stacy Remke ([34:59](#)):

Absolutely. And so often it's being brave enough to bring up the topic, just invite people to the conversation.

Sara Remke ([35:10](#)):

And sometimes I tell people all the time, I mean, sometimes a certain amount of time just needs to pass. I am not one of these people who believes in rushing this along. Sometimes just things need to fall into place before you can start addressing things, and there's really no hurry.

Stacy Remke ([35:31](#)):

And we understand now that grief really never ends. We grow it and the burdens of it lessen over time, but we can always bump into something that's a reminder and brings up feelings and memories, and that's just the way it is.

Sara Remke ([35:52](#)):

Yeah.

Stacy Remke ([35:53](#)):

There you are.

Sara Remke ([35:55](#)):

That's really beautiful. We grow around it. I love that. I was thinking too, there's a lot of talk about grief means that you love someone. And I was actually thinking about it. Grief also is a way that we just build love for each other, for the living. Sometimes there's things you don't really understand until you've really experienced your own grief. And then once you have, it allows you to have a new kind of compassion for another person.

Stacy Remke ([36:27](#)):

I've always loved that image. I think it comes from Buddhism of the heart that breaks open and then it's bigger and more vibrant after it's broken open. And I just often think of that. That's the process of grief for me. So that's something we can hold out hope for is that if we're allowed to navigate our grief, that we can grow and change and become wiser and richer in our experiences as a result in our connections

Sara Remke ([37:07](#)):

And more loving people. Yeah, absolutely.

Stacy Remke ([37:10](#)):

Yeah,

Sara Remke ([37:10](#)):

Absolutely. I

Stacy Remke ([37:11](#)):

Love that. Any other thoughts for today?

Sara Remke ([37:18](#)):

Befriend your grief. That's what I would say.

Stacy Remke ([37:21](#)):

That sounds good. Yeah. That reminds me of a tagline that I post on my grief and lost class website, which is embrace your grief for there your soul will grow. And that's Carl Young. And I remember after our mom died, I found a little piece of paper with that written on it in her handwriting, and I've always kept that Love that idea.

Sara Remke ([37:45](#)):

I mean, that's your cracked open heart that you're talking about. Yeah, absolutely.

Stacy Remke ([37:50](#)):

Yep.

Sara Remke ([37:51](#)):

Oh, how nice that you have that. We should frame that.

Stacy Remke ([37:56](#)):

I got it somewhere when I do my Swedish death cleaning, I'll look for it. Okay. Should we wrap it up for today?

Sara Remke ([38:05](#)):

Yeah. Thanks Stacy.

Stacy Remke ([38:06](#)):

Yeah, thank you. And I hope our listeners find it interesting and helpful to think about grief a little bit. And as always, we look forward to our next conversation

Sara Remke ([38:17](#)):

And we'd love to hear from you. Let us know

Stacy Remke ([38:20](#)):

What your thoughts, yeah. If you use these skills, how it worked for you,

Sara Remke ([38:25](#)):

Send us an email, send us a query. We want to know. Thanks everybody.

Speaker 3 ([38:34](#)):

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