

# **Take the work and worry out of managing your money after the death of a spouse**

**Get Started**

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**Jim Uren, CFP® – A Financial advisor focused on the unique needs of widowed spouses**

After the death of a spouse, you are asked to make a number of important financial decisions. You want to make the right decisions without any regrets, but the pain and loss of grief can make it feel like you're living in a fog. You may be wondering...

- Do I have enough or will I run out of money?
- Should I pay off the mortgage?
- What do I do about taxes?
- How will I manage my investment accounts?
- What do I do about Social Security to make sure I get the highest benefit?

The good news? With the right guide at your side, you can experience financial clarity. You can take more control over your financial future. And you can take the work and worry out of managing your money. As a CERTIFIED FINANCIAL PLANNER™ professional with a master's degree in counseling psychology, I have been helping guide women (and men) in situations similar to yours for many years. I am here to help you take the work and worry out of managing your finances in a way that will allow you to feel comfortable and encouraged along the way.



## **3 Easy Steps**

**1. Request a Time to Talk**

**2. Clear the Financial Fog**

**3. Wave Goodbye to Worry**

**Get Started**

## Get Your Free Guide

Sign up to receive my blog posts via e-mail and get a FREE copy of ***5 First-Year Financial Mistakes Widows Should (and Can) Avoid.***

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### Delayed Grief Reactions

Jan 31, 2019



### Memories of the Little Things

Nov 28, 2018

Delayed grief reactions are intense grief reactions occurring years after the death of a loved one. Watching a movie or the news, reading a book or the paper can ignite grief that was thought to be 'processed'. Delayed grief reactions can be a normal response to a loss and it can complicate your grief process. Feeling sad when someone is sharing their grief story or crying during a movie when there is loss is not delayed grief. Delayed grief is intense grief and feels excessive.

[read more](#)

Can you remember the way your loved one smiled at you or the way he made you laugh? Do you think about the times you shared intimate moments and long to have those times back? Do you think about the little things like how he drove, cooked, or played a game? Most of us...

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Grief Letters  
Can Help You Heal

## A Grief Letter Can Help You Heal

Oct 19, 2018

Writing to Process Grief Sometimes I cringe when I hear this advice: Write a letter to your loved one and throw it away. People who are not trained grief counselors think this task will help the bereaved with 'letting go' or 'moving on' from their loss. It is true...

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