



# GRIEF AND BEREAVEMENT



Grief is the process we go through, and the mixture of emotions we feel, when we experience a bereavement. Most commonly when someone close to us dies. People can also feel grief when they experience other types of loss or change. E.g., when a relationship ends or when they move to a new location.

Grief has no set time limit. How long it lasts varies from person to person. Although it can be hard to imagine the grief ever going away, the way you feel and cope with it can improve over time.

There is support available and you don't have to go through it alone.

## STAGES OF GRIEF



## REALITY



## LOOKING AFTER YOURSELF

It's so important to be kind and accepting towards yourself as you go through grief.

Allow yourself to feel and express your emotions when you can. Here are some other things can help:

- If it helps you cope, plan time in the day to grieve/cry/think about the person you've lost.
- Use relaxation / grounding techniques to comfort your body and mind when you feel overwhelmed.
- Create a memory box. Include happy and comforting memories, photos, keepsakes, and letters.
- Plan self-care activities and time to do the things you enjoy.
- Share your thoughts and feelings with the people around you, even if they are also grieving. Don't be afraid that talking about it will upset them – It's more likely to be helpful than it is to make them feel worse.
- Express your feelings by writing a letter to the person you've lost. Nobody else has to read it.
- Take one day at a time.