# Grief and Bereavement Factsheet

## What is Grief?

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.

## How should I grieve?

There is no right or wrong way to feel after a loss. Everyone experiences grief in their own way. It's normal to have all, none, or a mixture of feelings:

**Sadness** **Despair** **Lost**

**Numbness** **Guilt**

**Anger** **Shock**

**Confusion** **Overwhelmed**

**Relief** **Lonely**

**Disbelief** **Panic**

# What can help?

## 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.
- ⇨ **Express your feelings** by writing a letter to the person you've lost. Nobody else has to read it.
- ⇨ Create a **memory box**. Include happy and comforting memories, photos, keepsakes, and letters.
- ⇨ **Take it one day at a time**
- ⇨ **Use relaxation / grounding techniques** to comfort your body and mind when you feel overwhelmed.
- ⇨ 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.