

What is grief?



Grief is what we may feel after a major loss.

A major loss could be:



Someone dying



A pet dying



A relationship ending



An important life goal not being reached



Not being able to do the things you used to

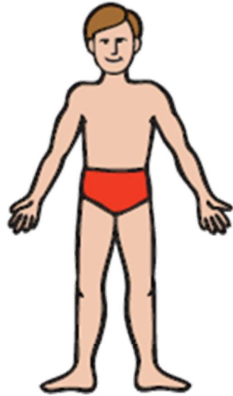
The cycle of life



All living things:



Are born



Grow



Die

Why do people die?



Some people get very old and die.



Some people die after an accident.



Some people die because they are very sick.



But not all people who get sick die.
Most people get well.

When people are alive they can:



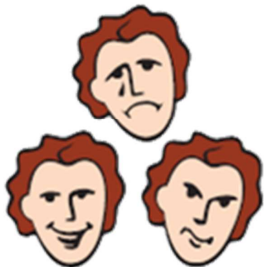
Breathe



Communicate



Move



Feel

When people are dead they:



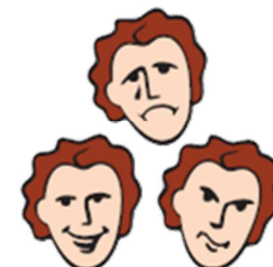
Breathing



Communicating



Moving



Feeling

A Funeral



A funeral is a get-together when someone dies.



People come together to remember and talk about the person they loved.



They may sing songs and say prayers.

It usually helps to go to the funeral, but it is OK if you don't want to go.

When someone dies you may have many different feelings.
You may feel:



Sad



Like you did something wrong



Angry



Upset



Lonely



Confused

Your thinking may change.
You may:



Find it hard to
concentrate



Feel confused



Find it hard to
make decisions

You may have thoughts,
like:



"It's not true"



"Why me?"



"I feel scared and lonely."



"I will never get over this."
"Am I always going to
feel like this?"

You may behave differently.

You may:



Spend time on your own



Get angry with others



Lose interest in things



Cry more



Eat less



Eat more



Sleep less



Sleep more

Your body may be affected.

You may:



Get headaches



Feel pain



Feel sick



Find it hard to breathe



Feel tired

During grief it's normal to have these feelings, thoughts, behaviours and bodily sensations.



Give yourself time and you may start to feel better.

It's OK
It's OK to:



Have lots of different feelings



Cry



Talk about it if you want



Not talk about it if you don't want

Special days:

You may feel sad on special anniversaries and special days like Christmas and Birthdays.



It's OK to have sad days.



Give yourself time.



It usually gets easier.

What helps?

Always remember there are people who can help you.

Here are some ideas that can help many people.



Share your feelings with someone you are comfortable with.



Spend time with others who have experienced a similar loss.



Give yourself time.

Other ideas that may help:



Accept that you are going through a hard time.



If there are things you want to say to the person who has died you can write a letter. You don't have to send the letter.



Go on doing the things you normally do. But take a break if you need it.



You can make a book of any sympathy cards you get.



Try not to make big decisions when you are feeling a lot of grief.



You can find a poem, saying or song that helps you remember the person.



Tell someone about any fears or worries you might have.



You can look for a comfortable place to relax.



Do things that give you comfort, like visiting the cemetery or a place that holds special memories.



You can put together a calendar that helps you plan and look forward to coming events.

You may keep reminders of the person who has died. You may keep:



Photos or a memory book of the things the person liked.



A memory box where a favorite thing from the person is kept.



A memory garden where you plant a plant and look after it.



A painting or collage of the person.



A tape of the person's favorite songs.



But, remember, what you decide to do will be up to you.



Remember you will probably feel better with time.



If you don't begin to feel better, ask for help.