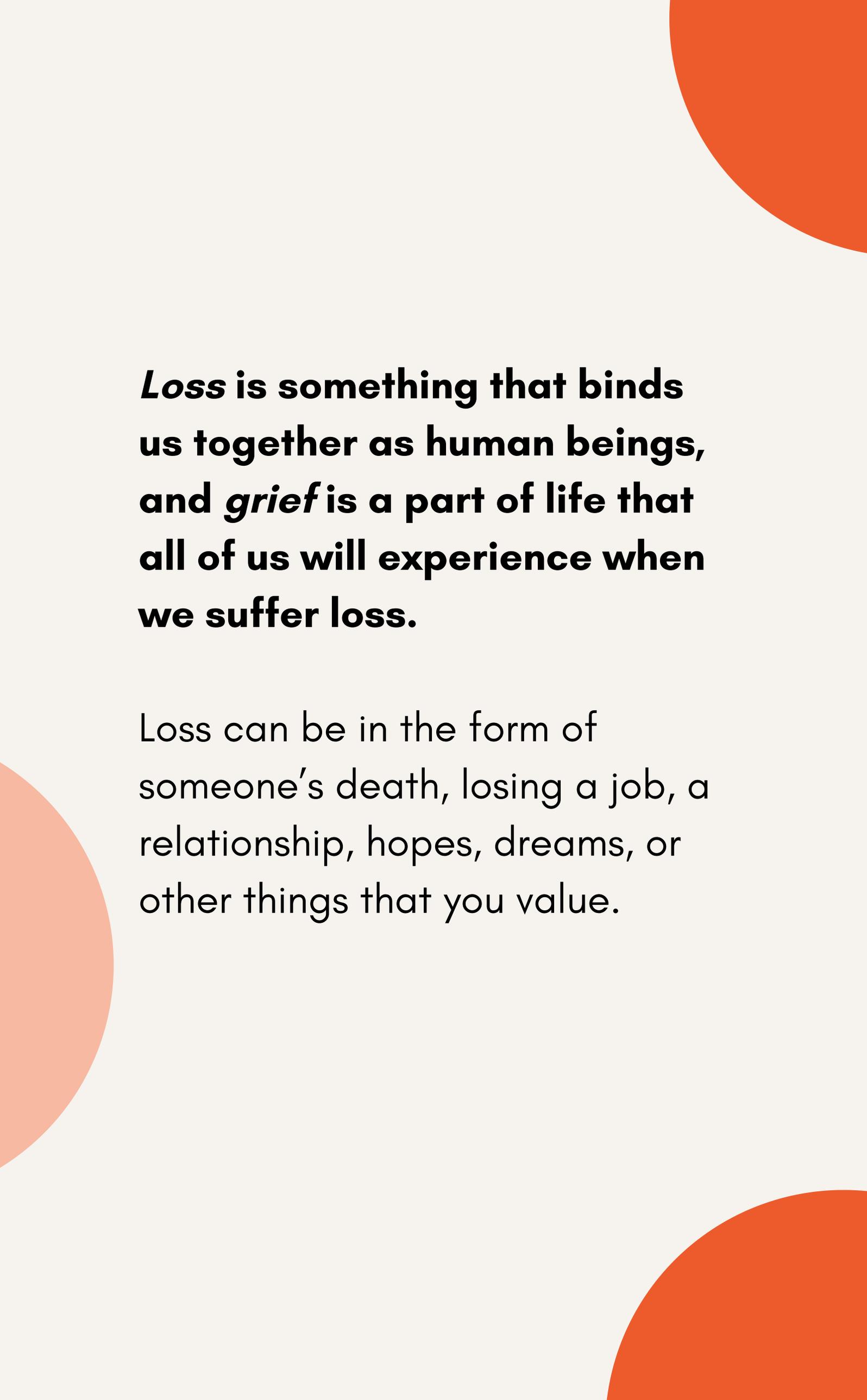




# Dealing with Grief & Loss





***Loss* is something that binds us together as human beings, and *grief* is a part of life that all of us will experience when we suffer loss.**

Loss can be in the form of someone's death, losing a job, a relationship, hopes, dreams, or other things that you value.



Grief can manifest itself in a lot of different ways. It is a powerful emotion and can leave you with deep feelings of sadness and sorrow.

Grief is also felt physically: you might be struggling to eat or sleep, or might feel sick in your stomach. These feelings may come in waves, and you may be tossed from one to another.

**All of these feelings are a normal part of grieving.**

## **How can I help myself to grieve?**

There is no right way to grieve and no 'quick fix', but there are ways that you can help yourself to come to terms with your loss.

Some of the suggestions might make more sense at particular points of your grief journey, so don't feel that you have to try all (or any!) of them right away.

Some might be appropriate when your grief is raw, and others might be more helpful when you have had a little time to come to terms with what has happened.

## Express Your Grief

Talking about your feelings of grief can help you to begin to *come to terms with your loss*.

Remember that sometimes other people (understandably) want to make you feel better. If you want to talk, don't be afraid to let others know that you don't need them to make it better, you just need the space to be heard.

Another helpful way of expressing your grief is to *keep a journal* and write about how you are feeling.

## Tackling avoidance

In the early days, the loss may be raw and it can be too painful to do things that remind you of your loss.

As time goes on, it is important to begin to face the places and situations that you have been avoiding.

*Make a plan* for how and when you will start facing the situations you have been avoiding. Be kind to yourself, see if you can get a friend or close family member to come along with you to begin with.

*Pace yourself*, you don't have to jump in the deep end. It can be difficult to start facing reminders again, so be gentle with yourself and take your time.

## **Dealing with regret and guilt**

When dealing with loss you may recall things you did or said, or that you failed to do or say. Events that might ordinarily have seemed trivial may take on a new meaning in the light what has happened. Over time most people find ways of resolving these emotions.

However sometimes guilt and regret can get stuck: as though it keeps looping on a circuit. This can be very distressing, and can get in the way of grieving in a healthy way. If you are feeling guilt or regret, try writing down your regrets and see if you can take a wider perspective and offer yourself some kindness, like you would to a dear friend.

This is a difficult journey, remember to be patient, kind and understanding with yourself. Treating yourself kindly can go a long way.

