



BEREAVEMENT



Feelings:

As well as the practical issues, the death of someone close brings a whole range of feelings and emotions. While each person's grief is different, in this handout we offer some general thoughts about how to manage those feelings and to begin to come to terms with what has happened.

Dealing with your feelings:

As you try to cope with the emotional upheaval of a death, the following thoughts may be helpful.

Take your time:

You may feel numb, or find it difficult to believe what's happened. You may feel relief that the person is no longer suffering or you might find yourself feeling sad, angry or guilty. You may also feel panicky about what needs to be done, or about what lies ahead. It's important, especially in the first few days, that you allow yourself:

- time to take in what has happened
- time to talk about the person who has died
- time to feel the pain and the loneliness
- time for yourself

Do it your way:

We're all different, and we react to death in different ways. There's no right or wrong way to grieve. Just try to do what feels right for you.

Take care of yourself:

It's important to look after yourself. For example, you should try to eat well, and avoid drinking too much alcohol. It's also important to know that it's normal to feel afraid, have nightmares or struggle to see the point of life. However, if you are worried about your feelings, you can speak to your doctor.

Remember:

- Grief is normal, it's part of what it is to be human and to have feelings.
- Grief is a journey, it is often hard, but it will get easier.
- Grief has no shortcuts, it takes time, often much longer than you and many people around you expect.
- It's normal both to grieve and live. Remember it's alright to find yourself *not* thinking about the person who has died.
- Grief can be scary, can lead to depressing thoughts and even thoughts of suicide. While it's normal to think this way, it's good to talk to someone about these feelings.

Finally, it's important not to expect too much of yourself, and to know when to ask for help. The death of someone close is a major event in anybody's life and there are no quick ways of adjusting.

It can be helpful to find someone you trust that you can talk to, for example a friend, your doctor, or a religious leader.

Find out more:

Refer to the SIX MHS Trauma & Bereavement Booklet for more information. If you haven't received a hard copy, you can view and download the booklet from the SIX MHS App.



You can also call or text SIX MHS: 07480 726082
Or email us: helpline@sixmhs.com
for advice and support.





TRAUMA



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Remember:

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- Grief is a journey, it is often hard, but it will get easier.
- Grief has no shortcuts, it takes time, often much longer than you and many people around you expect.
- It's normal both to grieve and live. Remember it's ok to find yourself *not* thinking about the person who has died.
- Grief can be scary, can lead to depressing thoughts and even thoughts of suicide. While it's not unusual to think this way, it's good to talk to someone about these feelings.

Finally, it's important not to expect too much of yourself, and to know when to ask for help. The death of someone close is a major event in anybody's life and there are no quick ways to adjust.

It can be helpful to find someone you trust that you can talk to, for example a friend, your doctor, or a religious leader.

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