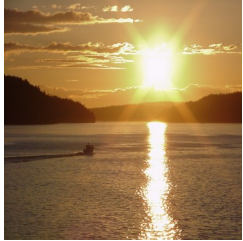


## HELPING YOURSELF



Grief is individual and each of us reacts to it differently. No one can completely understand what another person's grief is like

but it is an experience most of us go through and there are people willing to listen and understand as much as they can.

If you have feelings of guilt, fear, panic, or self-pity, don't try to hide them; they are part of grief. Try to share them with an understanding listener.

Allow yourself to express your feelings, good and not so good, with someone you trust. Allow yourself to cry, to laugh, to be angry.

*"GRIEF IS LIKE A LONG VALLEY, A WINDING VALLEY WHERE ANY BEND MAY REVEAL A TOTALLY NEW LANDSCAPE"  
C.S. LEWIS*

## USEFUL ORGANISATIONS

### **Cruse Bereavement Care**

If you are bereaved and would like to speak with someone, you can call Cruse Bereavement Care for free:

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

Tel: 0808 808 1677

### **Samaritans**

Confidential non-judgemental support for people in distress, 24 hours a day.

Website: [www.samaritans.org](http://www.samaritans.org)

Tel: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Macmillan Cancer Support**

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

Tel: 0808 808 00 00

### **Child Bereavement UK**

Offers support for families and professionals when a child dies or when a child grieves.

Tel: 0800 02 888 40

## BEREAVEMENT



GRIEF IS  
ANOTHER  
WORD FOR  
LOVE

DR JEFFERIES AND PARTNERS

0207 385 1965 292 MUNSTER ROAD

0207 385 7101 139 LILLIE ROAD

## UNDERSTANDING GRIEF



The death of a loved one can be devastating and loss is something we will all experience at some point in our lives. The way we react is unique to each and every grieving person. There is no right or wrong way to feel.

However generally there are four stages of bereavement:

- ◆ Accepting that your loss is real
- ◆ Experiencing the pain of grief
- ◆ Adjusting to life without the person who has died
- ◆ Putting less emotional energy into grieving and putting it into something new

## THE EARLY DAYS



People often describe shock soon after a death of someone close. You may feel numb, panicky, very weepy or find that you are unable to cry at all. You may find it difficult to sleep. Some people may experience physical conditions. However some people find that they calmly go through the practical tasks surrounding the death and worry that they may be seen as uncaring. It is really difficult to struggle with the many faces of loss, but it is important to know that all of this is normal.

## RECOVERY FROM BEREAVEMENT

Coming to terms with death is a very individual process. After a period of time people usually find that they are able to get on with their lives.

It is important not to feel guilty if you are beginning to build a life for yourself following a death.

It is quite normal to begin to recover and start to rebuild your life, and it is not in any way disloyal to the memory of the person who has died.

## HEALTH



It is quite normal to feel tired, unable to sleep, eat or concentrate properly.

You may begin to have pains you don't normally have.

For the most part these are things that happen to most bereaved people, but if they persist you should consult your usual doctor at the surgery.

In time you will become aware that you

## BEGINNING TO LIVE AGAIN

are beginning to have good hours and even days.

You will start to be able to talk about your loved one without feeling sad.

At this time you may sometimes feel you are being disloyal to the person who has died, but you should always try to remember that, while the past will always be with you, there is a present and future for you to enjoy.