

SOME OF WHAT WE MAY EXPERIENCE

- * Sleep problems, dreams and nightmares
- * intrusive memories and feelings
- * tension, agitation, short temper
- * sadness, depression and withdrawal
- * anger, fear, shock, disbelief
- * helplessness, relief, loneliness
- * frustration, confusion
- * forgetfulness, difficulty in concentrating, accidents
- * relationship problems in the family or with others
- * being preoccupied with thoughts of your loved one, or have hallucinations where you see or hear them
- * upset stomach, headaches, palpitations, tightness in throat or chest
- * hollowness in the stomach
- * muscle weakness, lack of energy
- * oversensitivity to noise

There are lots of other reactions to grief not listed here

Grief is like a fingerprint, it is unique and personal to you

Whatever you experience it is normal for you



Others might not react to loss in the ways that you do

That's OK, everyone is different!

Waves of grief come and go

- * Crash in on you all at once
- * Bruise you and hurt you
- * Feel out of control
- * Be rough and sometimes gentle
- * Creep up on you unexpectedly

Grief can be really tough.
Grief can sometimes make you feel you are going crazy.

It affects how we think and feel, how we do things and our relationships with others.

It can affect our bodies physically.

Remind yourself that grief is normal after loss and it won't always feel that way.

**Don't expect the memories to go away.
The memories are ours for as long as we live.**

**You will never forget the one who has died,
nor will you 'get over it'.**

You will learn to accommodate the loss into your life

– There will be good days and bad days and you will get through it.



– Talk to people you can trust, let what is inside out, talk about memories, worries, feelings, thoughts and questions.

– Time out is important, find ways to relax and chill out.

– Its OK to smile, to laugh and to enjoy things. Life has lots of good things in it, even during tough times.

– Use support around you. Its important to ask for help, even if people don't always get it right.

– Don't expect too much from yourself, you are only human.

– Keep safe — avoid taking risks.

– Eat well, and keep active.

– Avoid making hasty major decisions.

When to seek help...

- Are the intense feelings overwhelming or unbearable?
- Are there, have been, or still are a number of stressful factors in your life that are making it difficult to cope?
- Is there no one to share your feelings with?
- Are you using alcohol or drugs to excess?
- Is your work/school performance suffering?
- Are you noticing behavioural changes in your children?

Where to seek help...

Contact:

Jenny Blyde or Jane Woollard
The Counselling and Bereavement
Service

Hospice Taranaki
Te Rangimarie
5 David Street
Westown
New Plymouth

Phone: (06) 753 7830

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Tips for Coping with Loss and Grief

**Facing tough times?
Here are some suggestions to
help yourself and those
around you**