

Things that may be helpful while grieving...managing grief is really hard.
Below are some suggestions that may help you to get through this time.

Accepting your feelings

There is no right or wrong way to feel after losing something you care about. Accepting the feelings you have and acknowledging you are going through a stressful experience may be helpful in managing your reactions. Many people wrongly think the intensity of their feelings means they are going mad. Although you won't feel it, time is a great healer. Grief isn't linear, so things will go up and down, but a year on you may feel different than you do right now.

Allow yourself to cry

It is OK to cry. You don't have to be over your feelings in anyone else's time except your own. If you feel uncomfortable crying in front of people you may want to make a plan so you can leave and go to a safer place.

This could be:

- a quiet room
- the park
- home
- your favourite spot.

Work or School

If you are at college, school or back at work it may be a good idea to let your teacher/staff know of your plan if you have a 'wobble'. This allows them to react appropriately, all parties will know what you are doing and that you are safe.

Take time out

Friends and relatives may have deep feelings of grief as well. The way they manage these feelings may be different to you, which can mean that people's reactions to things are exaggerated. Things that would not usually stress people out may do so.

If you are having trouble coping with other friends or relatives it may be a good idea to take time out.

You may like to:

- go for a walk
- listen to music
- phone a friend
- punch a pillow.

Grief Guide



It's OK to smile

After you have lost something it may be helpful to talk about the memories and good times you have had. There are likely to be many happy memories and fun times. It is OK to enjoy those memories and have a laugh about the fun you have shared. This is not a sign that you miss the person any less.

It's also OK to find other 'normal' things funny, it doesn't mean you have stopped being sad if you laugh at an unrelated joke or tv show. Laughter really helps you to release tension and increase 'feel good' chemicals.

Saying goodbye is important

Part of the grieving process is letting go of the person who has died.

Saying goodbye to the person helps you to do this.

You may want to do this by:

writing a letter

going to the funeral

having your own memorial service.

It is important to say goodbye in your own way and in your own time. There is no right or wrong way for doing this. This is also true for the loss of a relationship, pet, home or significant experience of any kind.

Avoid bottling stuff up

Keeping things to yourself may mean that the tension builds up inside you. Finding a way to express how you are feeling may help you to feel more in control. You may like to talk to someone, write your thoughts down, draw or garden. If you have a person around that you feel safe with, it's good to download how you're feeling regularly - especially as this will change.

Some people may have a close friend or family member who fits the bill, but some would prefer to speak to a professional. It may be that extra support is needed in the form of complementary therapies, talking therapies or medication.

See the Sources of Support fact sheet if you need some ideas of who to talk to.

Grief Guide

