

Bereavement



Bereavement, Loss and Grief:

Loss and Grief are complex and personal feelings, which no two people experience the same way. It comes about when we are feeling a sense of loss in our lives, also known as a bereavement. There is no right or wrong way to feel grief or loss. It's not only felt when we lose somebody that we love. Other examples include losing a job, moving somewhere new or ending a friendship/relationship.

What can bereavement look like?

While there are no set rules as to what bereavement look like, some of the more consistent and common traits are:

Shock and Numbness:

This is usually the first reaction to a loss. It can feel like time is stopping or the world is falling apart around you. For many people they enter a dazed state.

Anger:

Sometimes people can feel angry towards the person they've lost or the thing that they no longer have. This is a complicated feeling which can turn into guilt or shame.

Guilt:

Sometimes you may feel there was something you could or could have not done that may have prevented your loss. You also might want to feel apologetic towards getting angry.

Overwhelming Sadness:

The sadness brought on by grief can be difficult to manage. For some people it will present as a lot of crying, for others they may just choose to isolate themselves or have a persistent low mood.

Tiredness and Exhaustion:

Bereavement causes our minds to use a lot of energy on emotions and thinking. It's easy to underestimate how taxing that can be on the body.

Shame:

Unlike guilt, shame is less to do with the actions you've done. Shame is the feeling that you are wrong. People will often feel ashamed about bereavement when they feel they've managed it poorly.

How to manage bereavement?

Working through bereavement, loss and grief is a complex and sometimes life-long process. There are both positive and negative ways to manage it. Below are a few examples of healthy ways to tackle it: Find someone safe to talk to. They should be a person who is not going to judge you or make you feel worse about your experience of grief, below is a list of people or services that can provide good positive support for you.

Try to get more sleep (which we know might not be easy). If your body is well rested it will be better equipped to constantly manage the exhausting emotional rollercoaster of a bereavement.

Try to set yourself small achievable goals and try not to focus on the things you cannot change. To get through bereavement it's crucial to keep trying to move forwards. It's not an easy task and it can be easy to feel like it's hopeless - but you can do it!

If you are struggling with a loss of something or someone important to you, and you need some support there is lots of information and help available for you.

Helplines and services available:

Cruse Bereavement Care: www.cruse.org.uk 0808 808 1677

Samaritans www.samaritans.org Freephone (UK and Republic of Ireland): 116 123 (24 hours)

Childline www.childline.org.uk Freephone 24h helpline: 0800 1111

Kooth: Free, safe and anonymous online support for young people www.kooth.com

Shout: Free 24/7 text service for anyone in crisis www.giveusashout.org Text 85258

Childhood Bereavement Network: www.childhoodbereavementnetwork.org.uk

The Mix: Free information and support for under 25s in the UK 0808 808 4994 www.themix.org.uk