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

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Please do not hesitate to consult your health care professional if you have any questions or concerns

 **Hospice Taranaki**
Te Kahu Pairuri ki Taranaki

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Coping with Loss and Grief

Helpful Tips



 **Hospice Taranaki**
Te Kahu Pairuri ki Taranaki

Some of what we may experience

- Sleep problems, dreams and nightmare
- 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?

Have there been or are there still 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?