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

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# Coping with Loss and Grief

## Helpful Tips



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## 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

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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.

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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.

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## 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?