A large, thick yellow plus sign is positioned to the left of the title text.

Coping with **GRIEF**

A PACK TO HELP YOU
COPE WITH THE DEATH
OF A LOVED ONE





WHEN SOMEONE DIES IT CAN BE REALLY DIFFICULT AND CONFUSING TO **MAKE SENSE OUR EMOTIONS**. THIS GUIDE CAN HELP YOU UNDERSTAND THOSE FEELINGS, WHY YOU MIGHT BE FEELING THAT WAY AND SOME THINGS THAT MIGHT HELP YOU.

You may not feel ready to read this guide just yet and you can decide to come back to it at a different time. Or you could look at it with someone close to you, to offer some support.



BLGC Bereavement Support Service
For Young People Aged 8-18yrs
Contact Us:
01204 540100
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THE DEATH OF SOMEONE CLOSE TO US CAN BE ONE OF THE HARDEST THINGS WE EVER HAVE TO DEAL WITH. THERE IS NO RIGHT OR WRONG WAY TO FEEL AND EVERYONE IS LIKELY TO FEEL VERY DIFFERENTLY, YOU MIGHT NOT BE FEELING THE SAME AS SOMEONE AROUND YOU **AND THAT IS OK.**

WHAT IS BEREAVEMENT & GRIEF?

People may also be using words you don't fully understand such as bereavement and grief.

Bereavement means someone you care about has died.

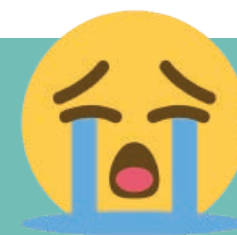
Grief is a word used to explain a collection of feelings we experience after someone we care about has died
We will have lots of different feelings while we try to adjust to losing the person or pet.

Sometimes you might need space and some alone time, sometimes you might need comfort from people around you. Other times you might want to carry on with your usual routine and even have some fun with friends and family. This is probably going to change day to day, sometimes hour to hour. This is not unusual while we are grieving.



FEELINGS

When someone we love dies the emotions you experience can be intense, there might be some days where you feel ok and others when these feelings seem too much. You might feel:



SAD

that you can't see/ hear/ touch the person, you are missing them or thinking about future without them



ANGRY

at the person left you, at other people for not understanding, or at yourself



ANXIOUS

struggling to control thoughts/ emotions, fearing something awful might happen



RELIEVED

if someone has been ill sometimes you may feel relieved that they're no longer in pain or discomfort



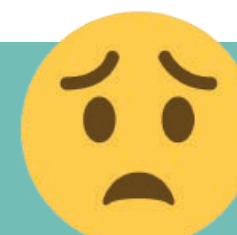
GUILTY

for feeling relieved, wondering if you could have done more, not saying good bye or that you love them



NUMB

sometimes you may feel in a daze or feel empty, not knowing how to feel



WORRIED OR SCARED

about something bad happening to someone else you care about



OVERWHELMED

having lots over feelings and lots going on around you, and finding this too much for you to cope with



BEREAVEMENT CAN HAVE A PHYSICAL AS WELL AS AN EMOTIONAL IMPACT. THE EMOTIONS YOU'RE EXPERIENCING CAN LEAVE YOU FEELING DRAINED, UNMOTIVATED AND CLOSED OFF. YOU ALSO MIGHT GET HEADACHES OR FEEL SICK, HAVE TROUBLE CONCENTRATING, REMEMBERING THINGS, AS WELL AS FEELING FIDGETY/ NOT ABLE TO RELAX.

All these things are normal when we are grieving but sometimes it can feel like too much to deal with. When you're feeling like this you need to look after yourself more.

These feelings and physical sensations may come and go but these are all part of grieving. Sometimes it can be really hard to deal with but even though it might not feel like it now, things do get easier over time. Unfortunately

there is no quick fix to feel 'better' after a bereavement, so giving yourself that time is really important to learn how to heal, as well as helping us to take good care of ourselves.

+ FIDGETY

+ FORGETFUL

+ TIREDNESS

+ HEADACHES

+ SHAKY HANDS

+ STOMACH ACHE

+ FEELING SICK



LOOKING AFTER YOURSELF

This can look very different for everyone that is grieving. The most important things are that you are sleeping well and eating and drinking regularly to keep your energy levels up. Sometimes when we don't do these things, we can feel even worse.

For lots of people it's good to keep up a normal routine, this might mean going to school or college, engaging in after school activities/groups. Sometimes when we are at home it can be difficult to be around other people that are also grieving so being at school can offer a sense of normality.

As well as this, things that we enjoy doing are often things that help us feel better. This could include

+ going for a walk

+ playing sports

+ listening to music

+ cooking or baking

+ watching a film or reading a book

+ hanging out with friends

+ playing videogames



Whatever grief looks like to you it can be really helpful to talk to someone. Someone close to you such as family, friends or a trusted adult like a teacher. You might not want to talk about your feelings and it can be difficult, especially when those around us are grieving too.



WHEN A LOVED ONE DIES, IT CAN OFTEN BE REALLY DIFFICULT TO THINK ABOUT THE FUTURE AND LOOK FORWARD, AND THERE IS NO RUSH! YOU CAN DO EVERYTHING AT YOUR OWN PACE, THERE IS NO TIMELINE FOR GRIEF.

ENJOYING LIFE AGAIN

SOMETIMES IT SEEMS IMPOSSIBLE TO IMAGINE A FUTURE WITHOUT A LOVED ONE WITH US, BUT UNFORTUNATELY IT IS SOMETHING THAT EVERYONE WILL GO THROUGH, BUT IT IS POSSIBLE TO LIVE A HAPPY AND FULFILLED LIFE.

Giving ourselves things to look forward to can help us to feel better, it allows us to think about things that we can and will enjoy in the future.

Birthdays, anniversaries or dates that are significant to you can be particularly difficult, and you might find it helpful to think about how you might deal with them in advance. You may want to use them to celebrate the memory of the person you have lost by visiting their memorial site, sharing stories and memories with people around you, cooking and eating their favourite meal, or doing something they loved/you loved doing together. Or you may prefer to have time on your own to remember that person.

These things might feel too hard to do when someone has died very recently, but with time you might feel able to do some of these things

You might not feel able to talk to family members about how you are feeling, this is when support services can be helpful.

BLGC's Bereavement Support Service offers 1 to 1 sessions for 8 – 18 year olds who are struggling with their feelings at least 6 months on from a bereavement. You can be referred in to the service by a teacher, GP, nurse, parent, other adult in your life, or if you are 13+ you can refer yourself in to the service.



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Contact Us:

T. 01204 540100

E. bereavement@blgc.co.uk



+ FURTHER RESOURCES & SIGNPOSTING

Some people like to do activities to remember their loved ones, some things to think about could be:

- creating a memory box
- writing a letter to them about how you're feeling or when something happens that you want to tell them about
- reading a book about bereavement

We have also included some activity sheets you can complete on your own or with someone else.

5-11yrs

- Remembering by Dianne Leutner
- Badger's Parting Gifts by Susan Varley
- Always and Forever by Alan Durant
- Am I like my daddy? By Marcy Blesy
- Muddles, puddles and sunshine by Winston's Wish
- The Invisible String by Patrice Karst

11-18yrs

- What on earth do you do when someone dies? By Trevor Romaine & Elizabeth Verdick
- Sometimes life sucks by Molly Carlile
- A Monster Calls by Patrick Ness

Useful Websites and Contacts:

Winston's Wish: Supports bereaves children, young people and their families.

www.winstonswish.org

Contact: 08088 020 021

Hope Again: Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

www.hopeagain.org.uk

Contact: 0808 808 1677

Child Bereavement UK: Help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies.

www.childbereavementuk.org

Contact: 0800 02 888 40



GRIEF IS IN TWO PARTS...
THE FIRST IS LOSS,
THE SECOND IS IN THE
REMAKING OF LIFE

+ ENRICHING YOUNG LIVES

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