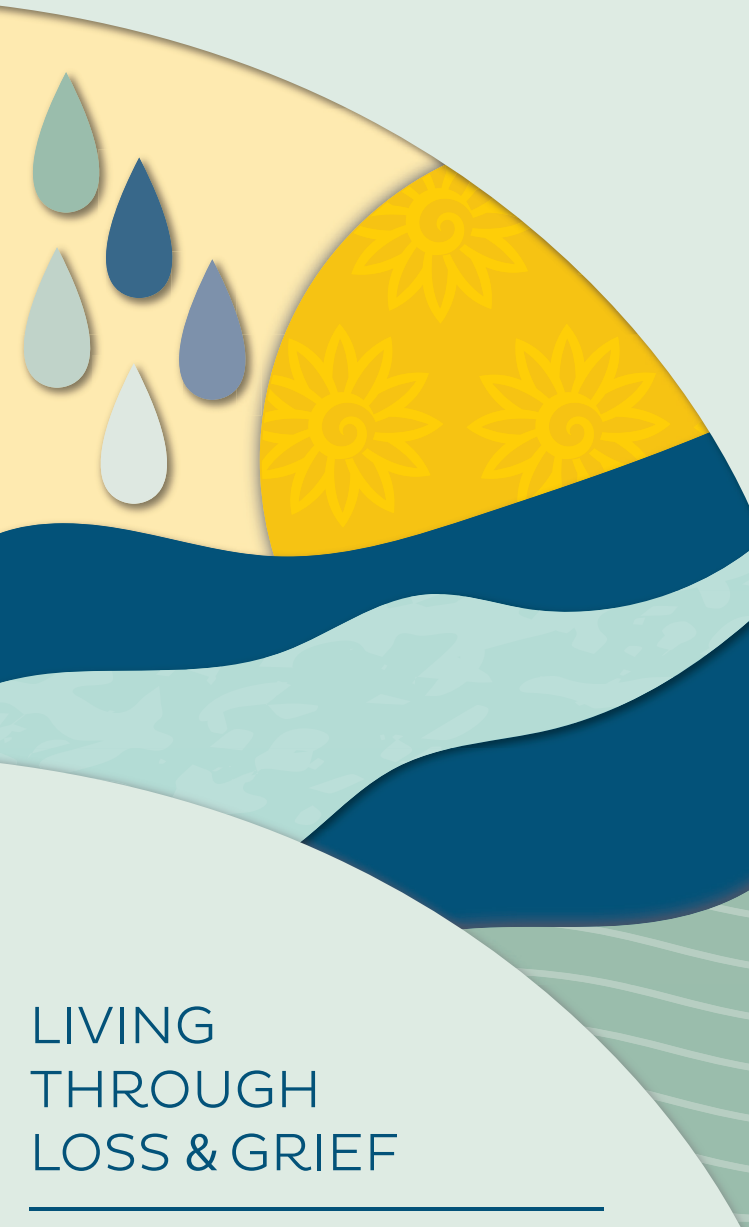




**Grief Centre**  
*support + education*



# LIVING THROUGH LOSS & GRIEF

---

Grief is a natural response to loss and grieving takes time, patience, and support.

*Grief is part of life:  
we live through it,  
and we grow around it.*



“ You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved.

But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly that still hurts when the weather gets cold, but you learn to dance with the limp. ~ Anne Lamont ”



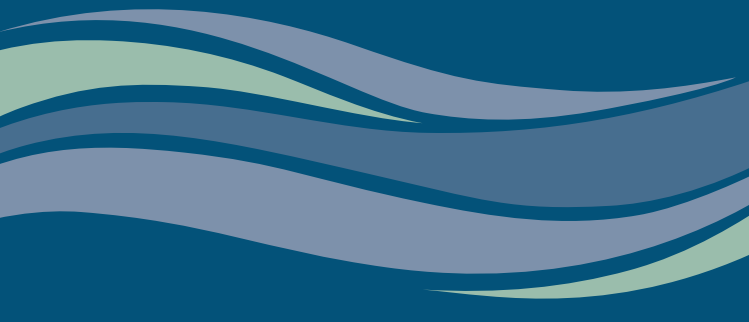
# The journey of grief

Grief is the outcome of loving and losing someone in life. It is a common human experience. While we can talk about the reactions others may experience when they are grieving, in truth it is a very personal and individual experience.

You may find yourself experiencing extremes of feelings, thoughts, and behaviours that you haven't felt before, often described as like being on a roller coaster or caught in a huge wave.

With support, you will grieve in your own time and in your own way. You may not get over your grief but, even though it may seem impossible to imagine in the beginning, you will grow around it. Humans are hard-wired to cope with loss. You will move forward, and you will feel better.

The grief journey is about re-learning to live in the world without your loved one.





## Remember ...

- ★ Grief is personal and individual.
- ★ There is no timetable. Everyone grieves differently and in their own time. Be patient and kind to yourself. The grief journey takes as much time as you need.
- ★ Even though it may not feel like it at times, the grief journey will unfold naturally. It's important to be patient with yourself.



- ★ Try not to avoid your feelings. Letting them out, for example crying and talking to friends, family, and experienced counsellors, can provide relief and help the grief process.
- ★ Seeking support is important – you don't have to struggle and grieve on your own. This can be talking to friends and family or attending counselling or support groups.



## What might happen...

When someone in your life dies, initially it can feel as if things will never be the same again.

## You may feel:

Scared, frightened, confused, shocked, numb, relieved, exhausted, abandoned, disbelieving, depressed, worried, lonely, guilty, irritable, vulnerable, devastated, tense, bewildered, stunned, tearful, hurt, panicky, angry, suicidal, alone, confused, frozen, empty, overwhelmed, out of control, nothing.



## You may experience:

Insomnia, headaches, weight loss, weight gain, loss of appetite, lowered immunity, aches and pains, exhaustion, shivering nausea, constant crying, feelings of isolation and withdrawal, panic attacks, a struggle to get out of bed, a lack of concentration, extreme anger and losing your temper easily.



## *You may think:*

- + Why did this happen to me?
- + If I ignore it, the pain will go away
- + This can't be happening to me
- + My life feels chaotic
- + What's the point?
- + How will I carry on?
- + I must be strong
- + What will happen in the future?
- + My life is out of control



# What can help me?

- ✓ Seek support and understanding in your grief from those around you: find opportunities to experience and share your emotions.
- ✓ Cry when you feel the need.
- ✓ Remain aware of your breathing and take slow and deep breaths when you feel overwhelmed.
- ✓ Try to eat, hydrate and sleep regularly.
- ✓ Even though you may not feel like it initially, try to exercise. Walking is a great release and boost and is even better with a friend to talk to as you walk.
- ✓ Create ceremony or ritual around the death and remembering your loved one.
- ✓ Access information and resources that may help you to process your grief.



# More ideas and tips

- ✓ Remember to try and accept the good things in your life and notice what is going well right now.
- ✓ Identify if the things you are doing are helping or harming you in your grief journey.
- ✓ Tell friends and family what they can do to help you – people want to be helpful but often they just don't know how.
- ✓ Take time out from other expectations, such as work commitments.
- ✓ Seek support from professionals to help guide your journey.
- ✓ Consider joining a support group. Spending time with people who have had a similar experience may mean that they have some sense of what you are experiencing.





**Grief Centre**  
*support + education*

Supporting all people  
*living through loss*

## *Contact Us*

Grief Centre  
97 Birkenhead Ave  
Birkenhead  
Auckland 0626

Postal Address:  
PO Box 34 548  
Birkenhead 0746  
Auckland



0800 331 333



[admin@griefcentre.org.nz](mailto:admin@griefcentre.org.nz)



[griefcentre.org.nz](http://griefcentre.org.nz)

---

*Our services are available  
throughout New Zealand*