



Grief Centre
support + education



LIVING THROUGH LOSS & GRIEF

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



Grief is like the ocean: it comes
in waves ebbing and flowing.
Sometimes the water is calm,
and sometimes it is overwhelming.
All we can do is learn to swim.

~ Vicki Harrison



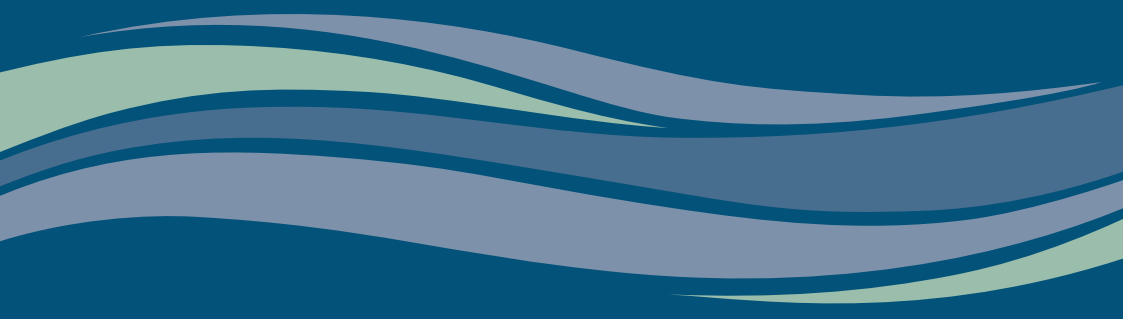
The journey of grief

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.

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 first there are gifts in grief. We often learn what's really important and connect in a new way with the world.



- ★ It can be helpful to allow yourself space to experience, not avoid, your feelings. Letting them out can provide relief and help your grief journey.
- ★ 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.



You may feel:



SCARED

WORRIED



SAD FRIGHTENED NUMB

CONFUSED GUILTY DISBELIEVING

EXHAUSTED ALONE STUNNED FROZEN

DEPRESSED SHOCKED EMPTY ANGRY

IRRITABLE VULNERABLE DEVASTATED

BEWILDERED LONELY PANICKY TIRED

OUT OF CONTROL SUICIDAL ABANDONED

NOTHING OVERWHELMED TENSE



TEARFUL

RELIEVED



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



You may experience:

EXHAUSTION

HEADACHES

PANIC ATTACKS

WEIGHT GAIN

SHIVERING

NAUSEA

CONSTANT CRYING

WEIGHT LOSS

INSOMNIA

LOWERED IMMUNITY

ACHES AND PAINS



ANXIETY

A STRUGGLE TO GET OUT OF BED

LOSS OF APPETITE

BEING SHORT TEMPERED

FEELINGS OF ISOLATION AND WITHDRAWAL



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



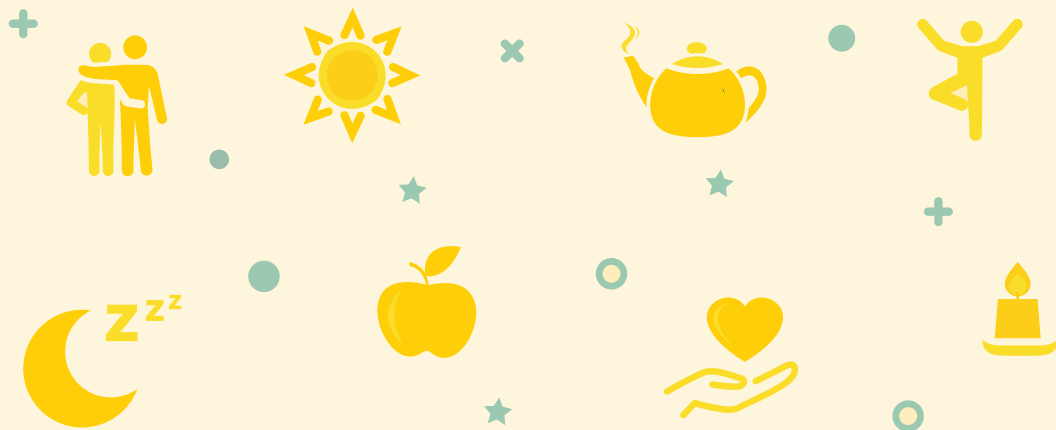
What can help

- ✓ 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.

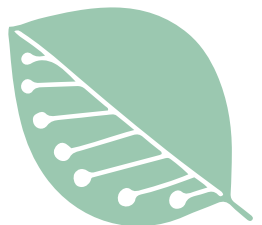


Your grief journal

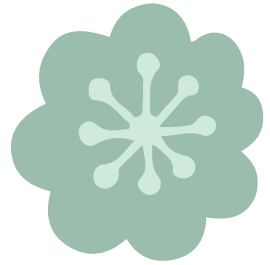


Journalling through grief is something many people find helpful in their grieving journey.

You can write for different reasons: to express your feelings and emotions, to write a story, poem, song or diary, or to write down things you want to remember or didn't say. There is no right or wrong in what you write about.

[illegible]

Your grief journal



"Grief never ends. But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness nor a lack of faith. It is the price of love." Author Unknown



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Supporting all people
living through loss

Contact us

Grief Centre
97 Birkenhead Ave
Birkenhead
Auckland 0626

Postal Address:
PO Box 34 548
Birkenhead
Auckland 0746



0800 331 333



admin@griefcentre.org.nz



griefcentre.org.nz

*Our services are available
throughout New Zealand*