

BEREAVEMENT

Coping with

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Bereavement – people's reactions

"My sister died last year, and my brother died the year before. Now it's only me left, and I feel so alone. I just want to talk to them sometimes..."
Isobel, 74

"My mum died just before Christmas, after a long illness. She wanted to die, she was ready, but now I feel angry that somehow she gave up on life and I also regret that I didn't manage to get her to keep going. Christmas is such a bad time ... my dad died just before Christmas too."
Jane, 43

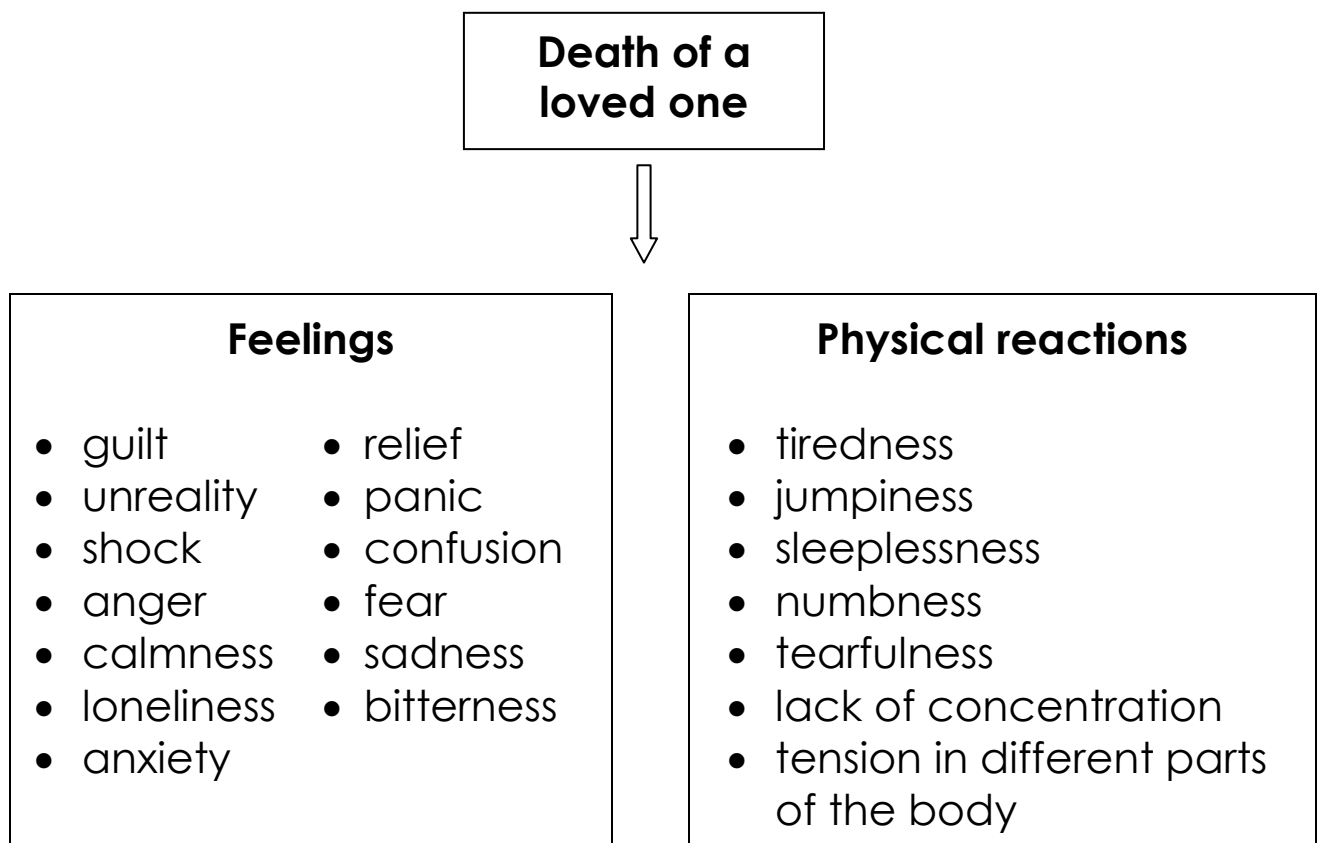
"Our son died. He was only a baby. Now my wife and I are both troubled by how it's affected our other children, and yet we can't talk about it. I think we both feel responsible but know we have to try and look forward and be strong for the children."
Gordon, 35

"When my wife died I thought I would never be able to carry on with everything; nobody seemed to understand. They said 'you're young, you'll find someone else' but I didn't want to. I wanted her back so that she – we – could live the life we'd hoped for. It took me three years to come to terms with that loss and to be able to move forward – job, socialising, that sort of thing. I still feel that sense of loss, but it's getting better."
Hamish, 28

"My twin died in a car crash, when I was abroad on holiday. I feel guilty that I wasn't there with him. I feel as if part of me has died too. It's hard ..."
Sam, 18

Grief

There is no one way to cope with the feelings any of us has after the death of someone close to us. **We all feel differently and we all cope in different ways.** You might feel quite isolated. You could possibly think nobody else has felt the same way as you do. These are some of the feelings or physical reactions you might be experiencing:



These feelings and physical reactions are very common. You may not experience some of them at all. Others may stay with you for a long time. You are likely to go through different emotions at different stages after the death of a loved one.

Sometimes, if a person is very ill for some time before they die, people can experience some of these emotions while the person is still alive. This is a normal reaction and is a sign of anticipating the loss.

At first you might:

- feel more alert than usual
- feel everything is unreal
- not be able to believe the person is dead
- be anxious
- worry about how life will be from now on
- not be able to sleep properly
- feel calm
- be forgetful
- need to cry
- need to shout
- not sleep well
- feel jumpy
- lose your appetite
- eat more than usual
- think you keep seeing the person who has died

Later, you might be:

- continually thinking about your loved one
- low in mood
- angry
- not wanting to socialise
- tired
- feeling a sense of loss
- relieved
- resenting other people who are getting on with their lives
- guilty
- panicky

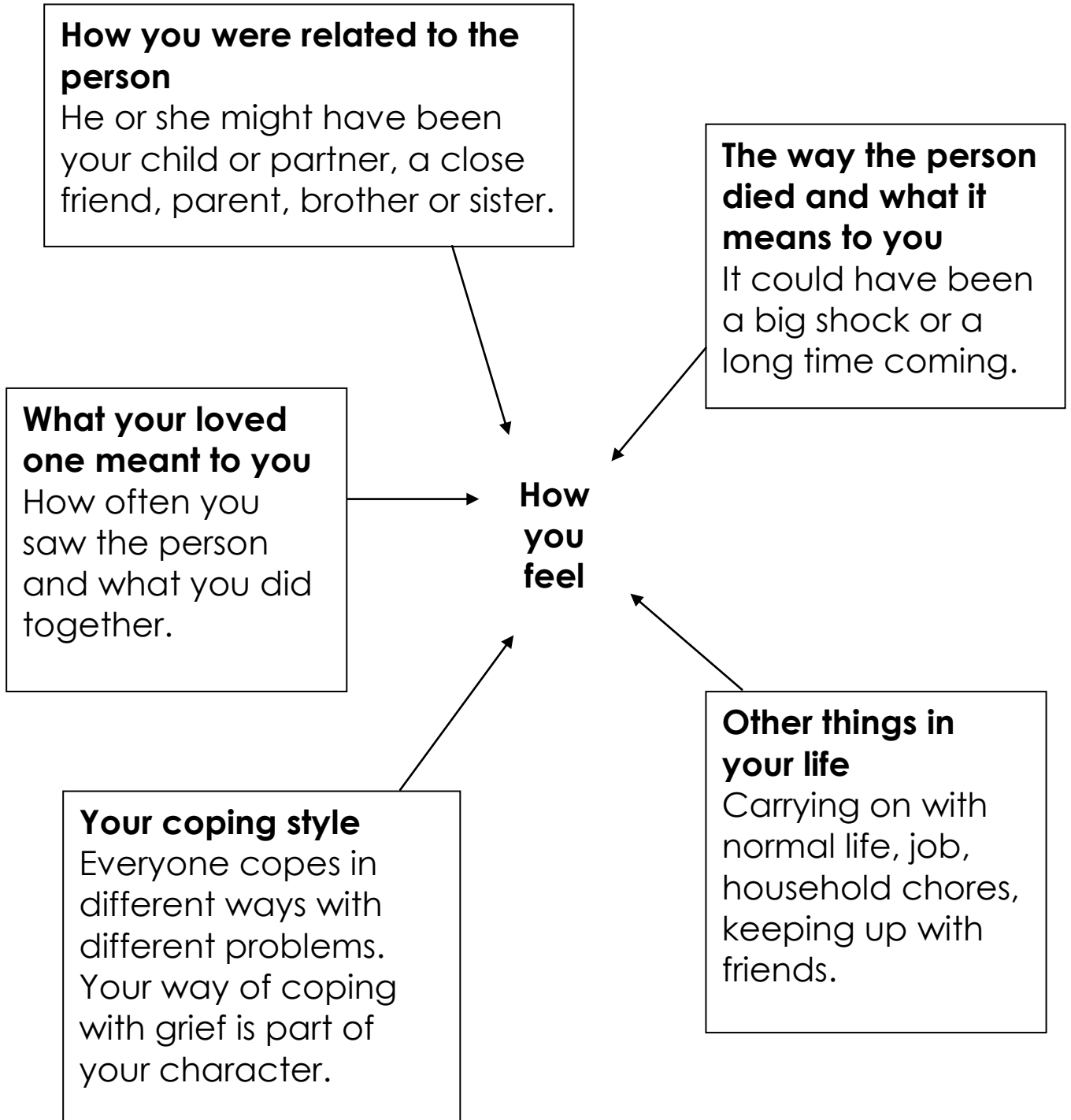
Everyone is different and feels differently about the loss of a loved one.

It is not the type of relationship – such as brother, wife or grandparent – but how you **felt** about the person that is most important.

What the loss **means** to **you** will affect you the most.

The things that affect you

These are a few things that may influence how you feel after the death of a loved one:



How to cope

You might be overwhelmed by your first reactions to the death of a loved one. You might feel very little in the beginning.

Some people find that these feelings are with them for months or years. In some ways there will be a permanent change in how a person feels following a significant loss. However, over time there will usually be a decrease in the way the feelings affect day-to-day life.

Everyone takes his or her own time to learn to cope. The important thing is for you to accept that **whatever** you feel is not unusual, and to **allow** yourself to feel as you do and not worry about this.

Over time you are likely to find yourself thinking less about your loved one and more about your own life. You might feel guilty or disloyal about this, but you can **allow** yourself to return to the normal aspects of your life. You can **allow** yourself to enjoy the things you like to do. Some people set aside a special time to think about the person, perhaps visit a certain place where they can think about them without other distractions.

What to do

Remember that everyone has different needs at times of bereavement. What is right for one person might not be right for another.

It is better to avoid big changes in the months following a death. Things such as moving house or changing job are difficult to cope with at the best of times, so unless absolutely necessary it is best not to put yourself through such changes.

There is the question of your loved one's possessions and clothing. Dealing with these is one of the hardest parts of the grieving process. It takes a lot of courage to do it, but it can help you to come to terms with your loss. It may help to have someone to help – the time to do it is when you feel you can.

Try to keep healthy. Eat well and give yourself time to rest and exercise. Try to keep in touch with your friends and family so that you are not on your own when you don't want to be. It is tempting to resort to alcohol, but this is not a useful answer. It is likely to make you more depressed and less able to cope.

If you can, try to talk to someone about how you are feeling. Sharing your thoughts and feelings can be helpful in coping with your loss.

Others in your family or circle of friends might be finding it difficult to cope. Talking with them might help both you and them. Try not to avoid talking about your loved one. It can be helpful to ask a close friend to let others know how you would like to be approached. For example, the friend could tell people that you don't mind if they don't say anything about your loss when with you.

If you are worried about how you feel, or after some weeks you appear to be feeling worse, it might be worth speaking to your GP.

Children

If children are affected by the death, that should be acknowledged. Even very young children experience grief, and they need to be given the chance to talk about it. They might not yet have the words to express themselves or the ability to think things through.

There are some useful publications available for those supporting bereaved children (see page 10).

Key points:

- loss affects everyone differently
- people cope with grief and loss in their own unique way
- there is no **correct** way to act or feel when you experience loss – you feel the way you feel

Further help

CRUSE Bereavement Care – for bereaved people and those caring for bereaved people. Tel: 0845 600 2227

E-mail support – support@crusescotland.org.uk

www.crusescotland.org.uk

This website lists a large number of books and leaflets that might be helpful.

Hope Again

To support young people after the death of someone close

Helpline (Mon-Fri 9.30am-5pm) Tel: 0808 808 1677

E-mail – hopeagain@cruse.org.uk
www.hopeagain.org.uk

Marie Curie Cancer Care Scotland

Marie Curie Support Line

Mon-Fri 8am-6.00pm

Sat: 11am-5pm

Tel: 0800 090 2309

www.mariecurie.org.uk

Leaflets and books are available free to download on the website from here:

www.mariecurie.org.uk/help/publications

The Compassionate Friends

Support for bereaved parents and their families

National Helpline
7 days: 10am-4pm/7pm-10pm

Tel: 0345 123 2304
(local rate)

E-mail – info@tcf.org.uk
www.tcf.org.uk

Winston's Wish – for help with bereaved children

Helpline Mon-Fri, 9am-5pm

Tel: 08088 020 021

www.winstonswish.org.uk

(freephone)

Post Natal Depression Service – support for families throughout the Borders suffering from postnatal depression

Wed 9am-5pm

Thurs 9am-4.30pm

Tel: 01896 751609

Samaritans – confidential support for anyone in a crisis

National Helpline (24 hours a day)

Tel: 116 123

E-mail Helpline jo@samaritans.org (answer within 24 hours)

Visit Local Branch

21 West Port, Selkirk, TD7 4DG

Books

McNeill-Taylor, Liz (2009) *Living with Loss* Constable & Robinson

ISBN: 978-0716022039 (Personal experiences and advice, written from the perspective of a widow)

Lewis, C S (2013) *A Grief Observed* Faber & Faber

ISBN: 978-0571290680 (This is written from the perspective of a widower)

Collick Elizabeth (1986) *Through Grief: the bereavement journey* Darton, Longman & Todd ISBN: 978-0232516821

(Written by a bereavement counsellor who is herself a widow)

Books for those supporting children

(Both books aimed at quite young children, maybe up to age 10)

Janney, Jill (2002) *Milly's Bug-Nut* Winston's Wish

ISBN: 978-0953912346

Stokes, Julie A (2009) *The Secret C: Straight Talking about Cancer* Winston's Wish and Macmillan Cancer Relief ISBN: 978-0955953927

For a practical guide to cover times of bereavement, see *WHAT TO DO AFTER A DEATH IN SCOTLAND*, 11th Edition, published by the Scottish Executive.

This guide covers all the practical arrangements following a death:

Part 1 – everything from the time of death to the funeral;

Part 2 – possessions, property and children;

Part 3 – social security help for those who are left;

Part 4 – 'What else has to be done?'

Part 5 – useful addresses

(Available at

<http://www.scotland.gov.uk/Resource/0041/00417212.pdf> or

from the Stationery Office Bookshop, 71 Lothian Road, Edinburgh EH3 9AZ, tel: 0870 606 55 66)

NHS Borders has also produced a practical guide to cover times of bereavement. This is called *When Someone Dies* and is available from NHS Borders, Chaplaincy Centre, Borders General Hospital, Melrose, (Tel: 01896 826564).

Apps for mobile phone and tablets

A range of self-help apps are available for your mobile phone and tablet. Some of these apps are free of charge, whilst others have a cost attached depending on the developer. Please use the link below to view some suggested self-help apps for different mental health problems:

<https://www.nhs.uk/apps-library/category/mental-health/>

Booklets/leaflets available on the following:

Agoraphobia

Anger

Anxiety

Depression

Hyperventilation

Loss

OCD

Panic (short version and long version)

Phobia

How to solve problems: a simple DIY technique

Relaxation

Self Esteem

Self-Harm

Self-Help Websites

Sleep

Stress

Trauma

Worry

Copies of any of the above booklets are available to download/print at:

nhsborders.scot.nhs.uk/wellbeing

S Black, R Donald, M Henderson 2005
NHS Borders

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SH3.11