Further along the road

Facilitator

A helping hand with

Grief

Pack 2





Facilitator Pack 2 'Further along the road' and 'The winding road'

- These cards have been derived from the experience of grief.
- They are intended for someone who has experienced loss and those coming alongside them.
- They are designed to help creative conversations around grief.

Encourage someone by inviting them to:

- Choose a card that speaks to them.
- Reflect on the statements.
- Consider the questions.

More Facilitator resources available at: LossandLife.org



Facilitator Pack 2 continued ...

• Grieving people need to be truly heard.

Remind them that:

- Grieving is a natural response to loss.
- The emotions and feelings around loss can be wide and varied.
- Many experience this; they are not alone.
- Everyone grieves in their own unique way.
- It is good to seek help and support in grief.
- Find someone they trust to talk with about the cards.

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Have these cards helped?

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...a gift, for example:

- $\begin{array}{c} \pm 10 \\ \pm 20 \\ \pm 50 \end{array} \right\} \quad \begin{array}{c} \text{Could enable other bereaved people to receive.} \\ \text{free Grief Card packs.} \end{array}$
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A helping hand with **Grief**

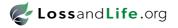
Further along the road





Further along the road. This follows on from the 'On a journey' pack.

- Take a look at the cards.
- You may be feeling some of these emotions.
- You are not alone, many do.
- Choose a card that speaks to you.
- You might like to reflect on the two statements about grief.
- There are also two questions that you might like to consider.
- Grieving is a natural response to loss.
- Your grief is unique to you, grieve your way...
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Taken to the edge

It's like an abyss

'I feel desperate.' This is not uncommon.

What do you hold on to? What good memories do you have?

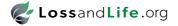


Like entering a wilderness

It can feel like a desert

'There is no colour in my life, it is all black and white.' 'It feels overwhelming.'

What does your grief landscape look like? Is there anybody else in it?



How are you?

I'm not fine on the inside, I can't tell anyone

crushed, offended asking, wronged, shaky timm he line ised, tortuild, man lie line ised, It's good to talk. There are people who genuinely care seek them out.

Who can you talk to honestly? What would you say?



Our chair has broken

It's like losing a limb

'I have had to adapt.''I have found a new way to sit.'

What does your chair look like? What things have changed?



l just keep running

From the pain

Pain can help us. It's a courageous thing to embrace.

Can you dare to trust the grief process? What does your heart say?



Changing landscape

We end up wandering

'I have started to see some growth, green shoots.' 'I have begun to find life again.'

What new thing could you start? When you look around, what can you see?



The paradox

The world hasn't stopped

Life keeps going on around us. There is no right or wrong way to grieve.

What are your terms of reference? What does it look like for you right now?



Yearning or longing

Intense feelings



'The feelings of longing are so strong.' You're not going mad, it's a common experience.

When did you sense a feeling of longing? How long did it last for?



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The 'un-bereaved'



They just don't understand

People struggle to connect with the bereaved. They don't know what to say.

Where do you go to be heard? What helps?



What about them?

They need comfort too

Children grieve differently from adults. That can cause confusion or conflict.

How are the children? Where can you get help with this?



Depression

Empty and powerless

'I have felt completely out of control.' Sadness and despair is normal after loss.

Seeking help is not a sign of weakness. Have you? What dominates your thoughts and feelings?



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Reconnect

Everything has changed, it can't go back to normal

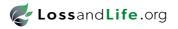
We learn how to adapt. Find things that bring you energy and joy.

How are you going to reconnect? What's it going to look like?



Further along the road continued...

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- Be inquisitive and courageous, hope can be restored.
- It takes a lot of energy grieving, be kind to yourself.
- Be patient, it's not a quick process, go gently...
- Doing self care is important sleeping, eating, exercising.
- It won't always feel like this, it does change...
- It's good to grieve in a way that works for you.
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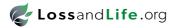
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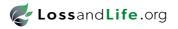
The winding road





The winding road. This follows on from the 'Further along the road' pack.

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- Choose a card that speaks to you.
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The bereavement journey

The start of a process

'l didn't want to do this journey.' 'lt's like l've boarded a long haul flight not a short haul!'

> How turbulent is the flight? Who else is on your plane?



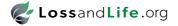
It feels hopeless

No one understands



'I feel so isolated and alone.' This is so common for the bereaved.

Sometimes it's easier to talk to strangers have you? What would you say or do?



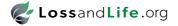
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Living on the edge

It's all so unsettling

'I'm living here all the time.''I don't recognise myself.'

When and where can you relax? When do you give yourself time off from grief?

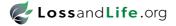


Taking meaningful action

Grief came so suddenly!

'Like a stone in a pond, I felt the effects of the ripples for ages.' 'Every day they come in different ways.'

What tiny step can you take today to move forward? Who can you ask to help you?



Don't lose hope

You don't know what tomorrow will bring

'Life has felt hopeless at times.' This is normal when we grieve, those feelings do change.

Are there things you can be thankful for? Can you look back and see some progress?



Touch and the poverty of grief

We need to connect with others

Physical touch is a basic human need. We can become depleted in isolation.

Where can you meet others? Is there a place you can go to connect?



Choices

Which way to go now?

'Suddenly I am making all the decisions.' 'There are not joint discussions or conversations.'

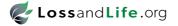
> Have you found people to help you? Can you get advice from others?



Other people's grief

l'm grieving, but they are grieving too! 'People didn't know what to say to me.' At some level or another we have to cope with other people's grief.

What have people said or done that's helpful? What would you say to someone now?

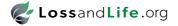


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Grief Energy

ENERGY?

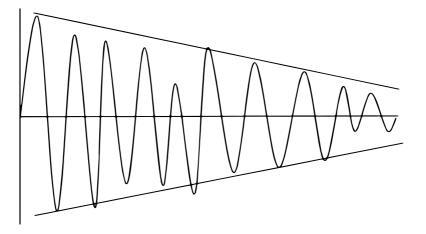
It's very draining

Grieving takes physical and emotional energy. We need to learn to manage it well.

> How much energy have you got? What do you do to recharge?







Things will change

'There were times when I felt overwhelmed and sometimes out of control.' 'Things became more balanced after a while.'

> Can you see a difference? How resilient do you feel?



Working slowly and deeply

It can feel like treacle...

'Sometimes it feels this will last forever.' Grief needs attention and effort.

How is it feeling for you? Is there someone to journey with you?





Tune in to your heart

Our hearts speak to us



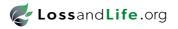
'My heart was broken; I had to learn to listen to it.' 'I learnt a new language of emotions.'

Have you given your heart a voice? What is your heart saying to you right now?



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