

A helping
hand with
Grief

Starting
a journey




Starting a journey.

- 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...
- If you go to LossandLife.org you can find more resources and where to get support.



Shock!
Numbness

Completely stunned...

'I felt numb for a long time after the initial shock.'
It's like our brains are trying to protect us,
we absorb the facts slowly.

What does shock feel like for you?
Have you got a safe place to reflect on
what has happened?

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A large, curling blue wave crashing over a sandy beach. The water is a deep, vibrant blue, and the crest of the wave is breaking into white foam. The sky is a pale, hazy blue. The overall mood is powerful and somewhat somber, reflecting the theme of grief.

The tsunami of grief

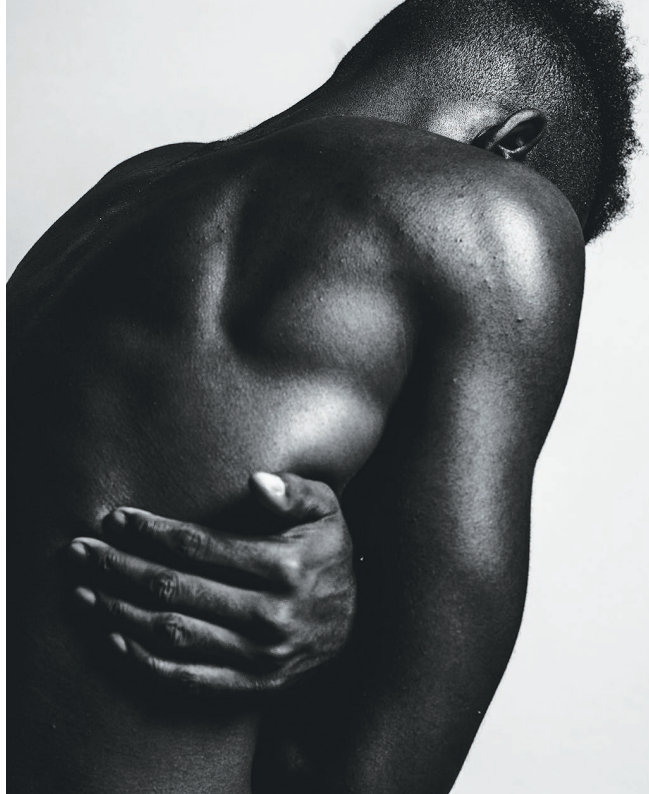
It feels like a wave
of emotion that is
going to drown me

Waves do come, it's normal.
Expect it, grief won't be ignored.

What do they feel like for you?
When do they come?

It's physical

It hurts



'I just physically feel the pain.'
It's a common grief response.

Have you felt 'sympathy pains'?
Are you doing self care?



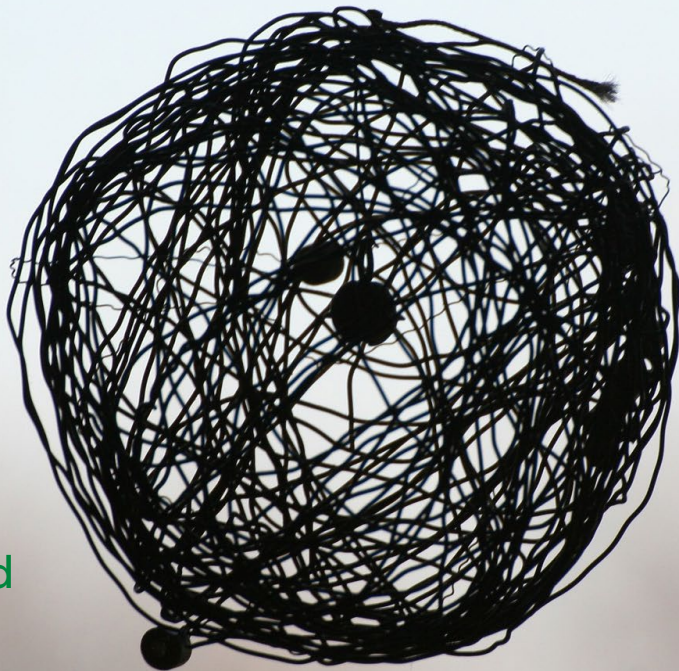
Like a cork on an ocean

I feel tossed
and overwhelmed,
lost on the seas...

'It felt very turbulent at times.'
'I was just about afloat but I had no idea where.'

What does your sea look like?
Where are you in it?

*The ball
of grief*



This is so hard

'I couldn't think straight,
there was too much going on.'

'There are things just going
round and round in my head.'

What does your ball of grief look like?
Can you hold and explore it?

The layers of grief

There are so many
feelings and emotions



Some of the layers are thick
and some are thin.

Healing can come, often with tears
- that's the thing with onions.

It's good to cry. Have you?

Did you know that toxins are released in tears?

Anger

Outraged!



This is a common and normal response to loss.
Who, what, why, where, when, why me, why us?
It can be a very intense emotion.

Do you sense any anger within?
How are you channelling and expressing your anger?

*Turned upside
down*

Life's completely changed



'I don't know if I am coming or going.'
This is common, things do settle down again.

Do you have time to reflect?
What are the anchors in your life now?

A black and white photograph of a person wearing a dark jacket and a beanie, sitting on a concrete block in a maze-like structure. The person is seen from behind, looking into the maze. The structure is composed of many rectangular concrete blocks arranged in a complex, winding pattern. The lighting is dramatic, with strong shadows and highlights, creating a somber and contemplative atmosphere.

Guilt

Keeps going round...

'I did the best I could with the knowledge I had.'
Often, people would rather feel guilty than helpless.

Have you had guilty thoughts or feelings?
Can you forgive others, or maybe even yourself?

Self care

We all need to look
after ourselves



It's important that we do self care when we're grieving.
Neglect ourselves and we neglect our future.

Are you eating?

Are you sleeping?

Are you getting any fresh air?

Catastrophically altered

It was so sudden!



'I don't recognise this place or myself.'
'There is an empty hole inside me.'

Have you got a map for where you are now?
Have you got a starting point?

*The waterfall
of bereavement*

Overwhelmed
and tipped over...



'I fell and landed in a whirlpool of grief.'
There are no rules about how you should feel.

How are you doing?
What strong emotions are you experiencing?

Starting a journey continued...

- Find someone you trust to talk with about the cards.
- Some of the cards may not resonate with you now, that's OK.
- 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.
- If you go to LossandLife.org you can find more resources and where to get support.

Have these cards helped?

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...a gift, for example:

£10 } £20 } £50 }	Could enable other bereaved people to receive free Grief Card packs.
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On
the journey



On the journey. This follows on from the 'Starting a journey' pack.

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Help!

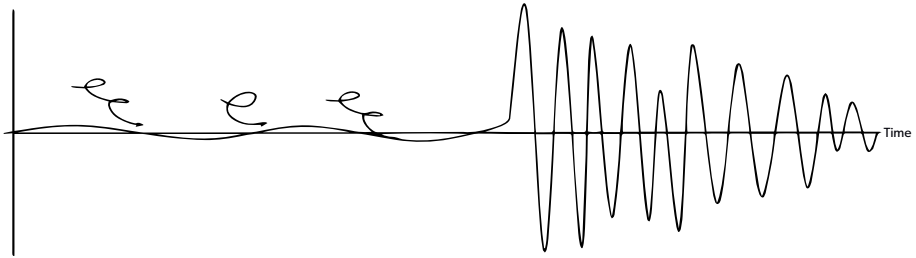
Life feels so hard



We all need help sometimes.
It is not a sign of weakness to ask,
but a sign of strength.

Do you need help?
Are you able to ask someone?

*The deep swell of life,
then grief comes*



Suddenly on a roller coaster

'Life was OK, now my emotions are all
over the place.'

'One minute I was OK, the next I was in a pit.'

What does it look like for you?

Where are you on the curve?

My life

It hit the floor and
was broken into a
thousand pieces



'I am being reformed.'
'I am being put back together slowly...'

Is life beginning to take shape again?

I remain a vase that leaks;
what does your vase look like?

Who am I now?



I'm not sure I know!



'My identity was shaken.'
'I lost my purpose, my reason for being.'

Where do you get your security,
self worth and significance?
Who can you speak with?

Feeling stuck

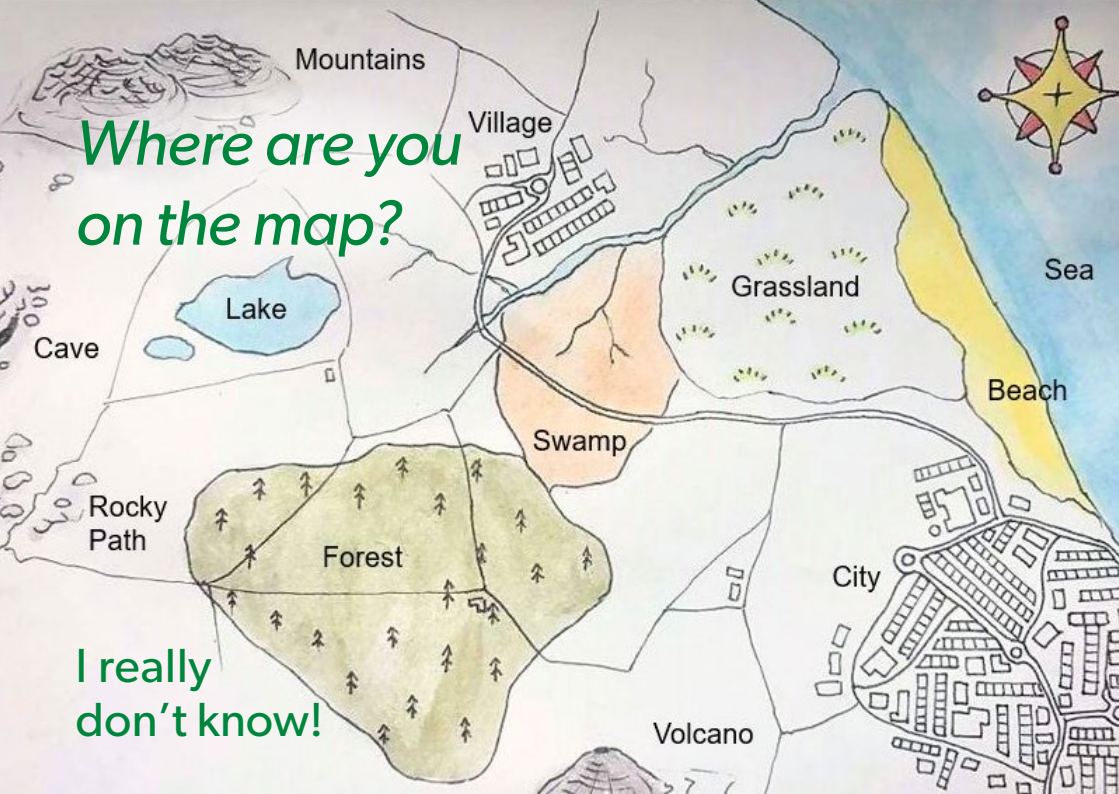
I feel trapped,
I don't know which
way to turn



'I felt really stuck, several times on the grief journey.'

Don't panic. You are not alone.
It's normal to feel this way after loss.

Are you feeling stuck?
Are you able to make decisions?



*Where are you
on the map?*

*I really
don't know!*

'It was an unfamiliar road
and there were no signposts.'
'There was no one else on the same road.'

Where are you on the map?
Are there any familiar paths or roads near you?

A photograph of a dilapidated stone building, possibly a shepherd's hut or a small farm, situated in a rugged mountainous landscape. The building is constructed from dark, weathered stone and has a steep, dark roof. It features a dark doorway and a window with a white frame. The surrounding terrain is rocky and sparsely vegetated, with large, dark mountains in the background under a pale sky. The overall mood is one of isolation and tranquility.

My safe place

We all need a safe haven

'It was good to go to my cave sometimes.'

Finding a safe place, safe person
or safe memory can help.

Have you found any coping mechanisms?

How are you expressing your grief?

*Rucksacks
and toolkits*

We all carry things
on life's journey



It's good to lighten our rucksacks.
Our toolkit contains things that help us
make sense of the world.

What's in your toolkit to help you now?
Where can you get new tools?

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*The thing
about time*

It has become
very strange...



It's what you do with the time that counts.
Be patient; it's not a quick process; go gently...

Are you half full or half empty?
What is your concept of time now?

The New You in the New Normal



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

There is a need to explore 'The *New You*'
in the '*New Normal*.'

Give yourself space and time to do this.

What is your '*New Normal*' now?

What can you bring with you
from the '*Old Normal*'?

A man with extensive tattoos on his arms and legs is sitting on a black rolling suitcase on the side of a paved road. He is wearing a grey t-shirt, grey shorts, white socks, and black Converse sneakers. The scene is set at sunset, with a warm orange and yellow glow in the sky and silhouettes of trees in the background. The road curves to the left, and there are green plants and flowers along the roadside.

Moving forward

We will never
forget...

We don't leave them behind.
Take one small step at a time.

Where would you like to get to?
What could you hope for?

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Reaching the light of day

A vibrant sunset scene with a large, bright yellow sun in the center. A flock of birds is flying in a V-formation across the sky. On the right side, there is a silhouette of a bare tree. The sky is filled with warm orange and red tones.

Can you see the sunrise yet?

'It wasn't easy facing the darkness.'
It may feel far away, but it will come.

Where are the beginnings of any light?
Where have you looked?

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