


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](https://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 white with 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](https://LossandLife.org) you can find more resources and where to get support.

# Have these cards helped?

## You can help others by **Donating**

...a gift, for example:

£10	} Could enable other bereaved people to receive free Grief Card packs.
£20	
£50	
£100	Could pay towards production of films/podcasts.
£250	Could pay towards facilitator training.
£500	Could pay towards the next phase of the project.

For more resources visit: **[LossandLife.org](https://LossandLife.org)**

If you need wider support visit: **[AtaLoss.org](https://AtaLoss.org)**