A helping hand with Grief

Starting

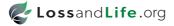
a journey





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.





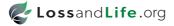
'I felt numb for a long time after the initial shock.'

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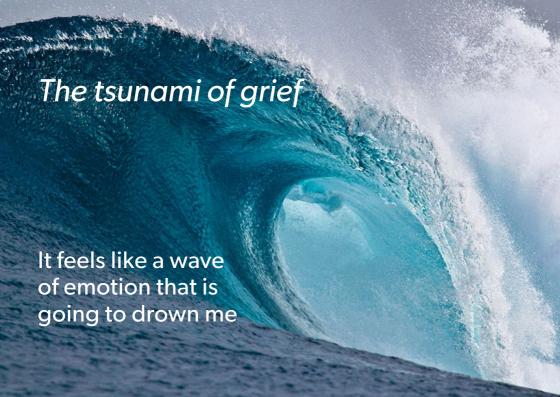
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Waves do come, it's normal. Expect it, grief won't be ignored.

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

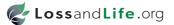


This is so hard

'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?





'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?





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?





'I don't regonise 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...



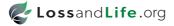
'I fell and landed in a whirlpool of grief.'
There are no rules about how you should feel.

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?

You can help others by **Donating**

...a gift, for example:

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

If you need wider support visit: AtaLoss.org

