

A helping
hand with
Grief

On
the journey



On the journey. This follows on from the 'Starting 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...
- If you go to LossandLife.org you can find more resources and where to get support.

Help!

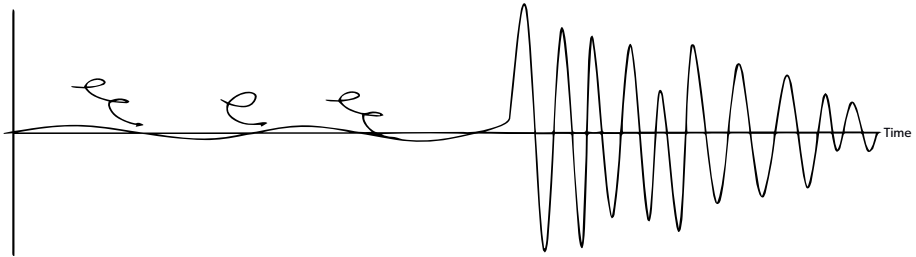
Life feels so hard



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

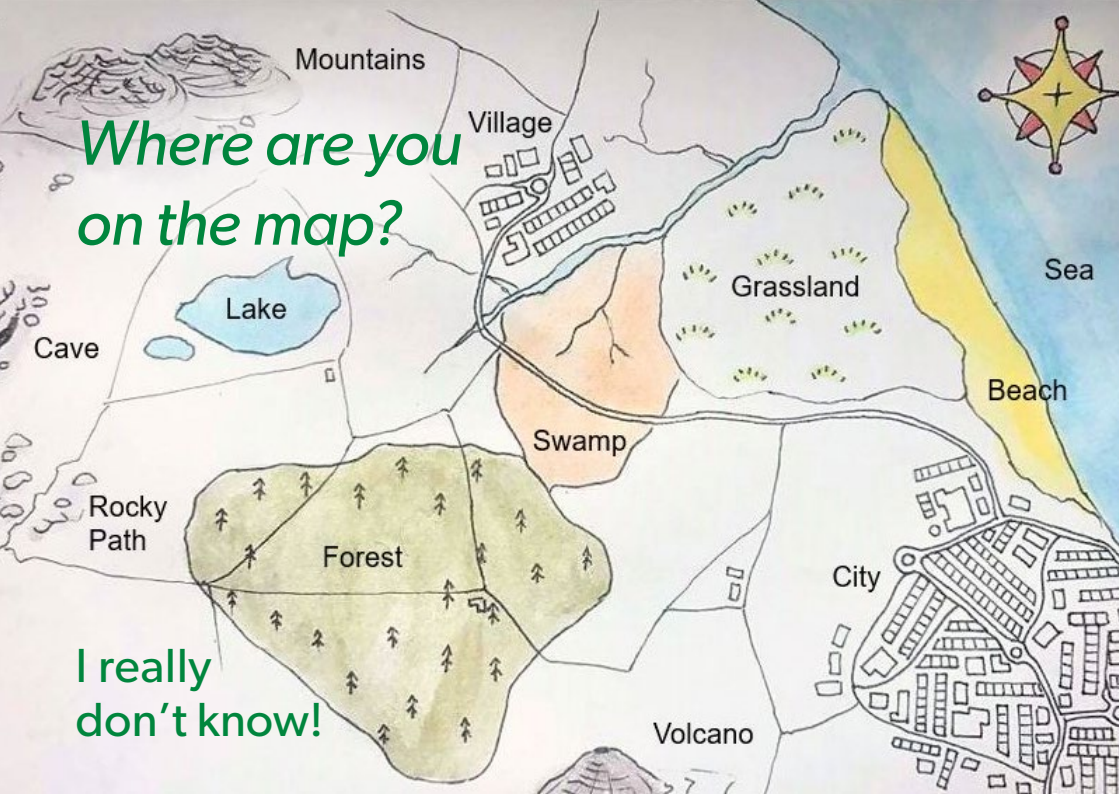
I feel trapped,
I don't know which
way to turn



'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?

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?

*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 a mix of orange and red hues.

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?

On the 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	} 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**

If you need wider support visit: **AtaLoss.org**