

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

A dramatic mountain landscape featuring a steep, rocky slope covered in brownish-orange vegetation. A narrow, winding dirt path leads up the slope. In the foreground, a person stands on the edge of a rocky outcrop, looking out over a vast, misty valley. The sky is overcast and grey, with a thick layer of fog or mist hanging over the valley floor. The overall mood is one of isolation and adventure.

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**

broken, lonely, sad, hurt, alone, upset,
depressed, suicidal, angry, hateful,
breaking down, screaming, dead, empty,
sorrowful, nothing, crying, shouting,
giving up, lost, hiding, wearing a
mask, cutting, horrible, disorganised,
down, hollow, worthless, hopeless,
misunderstood, incapable, distressed,
lost, pathetic, ashamed, bitter, forced,
wandering, uneasy, tense, hostile,
dominated, pessimistic, distrustful, tearful,
crushed, offended, wronged,
I'm Fine
shaky, timid, nervous, disorganised,
tortured, pale, lightheaded, snippy,
helpless, suspicious, alienated, not
understood, numb, stressed, bruised,
hopeless, broken, lonely, sad, hurt,
alone, upset, depressed, suicidal, angry,
hateful, breaking down, screaming,
dead, empty, sorrowful, nothing, crying,
shouting, giving up, lost, hiding, wearing
a mask, cutting, horrible, disorganised,
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It's good to talk.
There are people who genuinely care -
seek them out.

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

A man with short dark hair and a beard is sitting on a green wooden park bench. The bench is broken, with one end tilted upwards. He is wearing a dark blue long-sleeved shirt with yellow and orange sleeves, blue jeans, and grey sneakers with blue laces. He is looking to his left. The background is a dense thicket of green foliage and vines.

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?

A person is running away from the camera down a narrow, cobblestone alleyway. The scene is dramatically lit from the right, with a bright light source (likely the setting or rising sun) creating long, dark shadows and a golden glow on the ground. The person is wearing a blue long-sleeved shirt and dark pants. The alleyway is flanked by dark stone walls, and a metal handrail is visible on the right side. The overall mood is one of perseverance and hope.


I 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

A landscape of cracked, dry earth under a cloudy sky, with a dead tree on the right and small purple flowers in the foreground.

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?

A black and white photograph of a person, likely a man, covering their face with both hands. The person's eyes and nose are hidden behind their fingers. The lighting is soft, highlighting the texture of the skin and the shadows of the hands. The background is out of focus, showing what appears to be a window or a bright area. The overall mood is one of despair and helplessness.

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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A close-up photograph of several people's hands stacked on top of each other, resting on a tree trunk. The hands are of various skin tones and are positioned in a way that suggests unity and support. The background is a blurred green forest. The text "Reconnect" is overlaid in the upper left, and a longer message is overlaid in the lower left.

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...

- 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	} Could enable other bereaved people to receive free Grief Card packs.
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The bereavement journey



The start of a process

'I didn't want to do this journey.'
'It's like I'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?

A landscape photograph capturing a sunset. The sun is positioned low on the horizon, casting a warm, golden glow across the sky and the ground. The sky transitions from a pale blue at the top to a deep orange near the sun. In the foreground, a path of dry grass and small rocks leads towards the horizon. The middle ground is filled with large, dark rocks and patches of tall, golden grass. The overall mood is serene and contemplative.

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?

A close-up photograph of two people's hands clasped together. The person on the left is wearing a brown, textured garment, and the person on the right is wearing a green, textured garment. The background is a soft-focus green, suggesting an outdoor setting with foliage. The text is overlaid on the image in a white, sans-serif font.

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

A person in a dark, quilted jacket is seen from behind, looking out over a calm lake. The lake reflects the surrounding landscape, which includes snow-capped mountains and large, dark rocks. The sky is filled with dramatic, colorful clouds in shades of blue, orange, and pink, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

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

I'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?

A photograph showing the silhouettes of three people on a wooden pier or balcony overlooking the ocean at sunset. The sun is low on the horizon, creating a bright, golden glow and lens flare. The people are looking out at the water, where several birds are flying. The scene is peaceful and evokes a sense of shared experience and reflection.

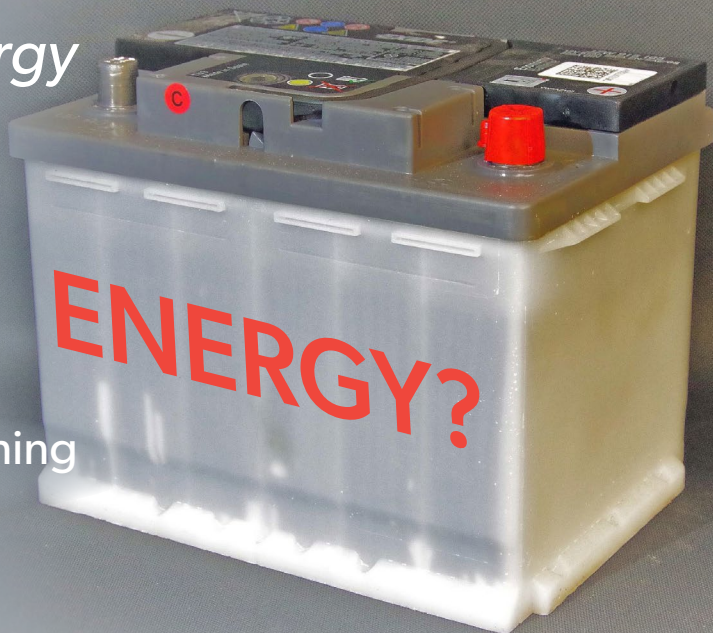
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Grief Energy

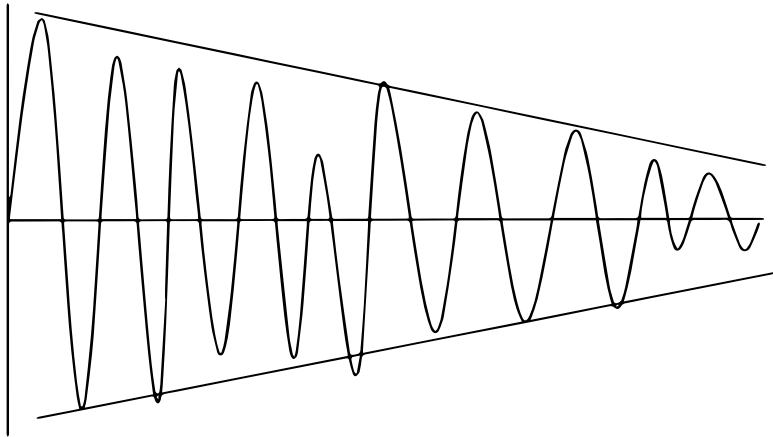


It's very draining

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?

Ebb tides... easing



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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