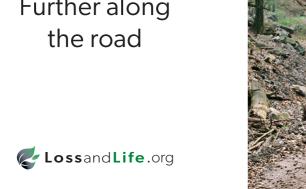
A helping hand with Grief

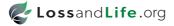
Further along





#### **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.





## 'I feel desperate.' This is not uncommon.

What do you hold on to?
What good memories do you have?



### Like entering a wilderness



'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 crushed, offended asking, wronged,

# It's good to talk. There are people who genuinely care seek them out.

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





'I have had to adapt.'
'I have found a new way to sit.'

What does your chair look like? What things have changed?





### Pain can help us. It's a courageous thing to embrace.

Can you dare to trust the grief process?

What does your heart say?





'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.

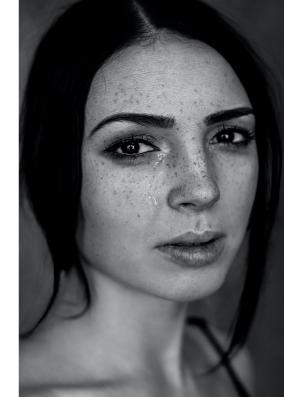
When did you sense a feeling of longing?

How long did it last for?



# 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?



### 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?





Children grieve differently from adults.

That can cause confusion or conflict.

How are the children?
Where can you get help with this?





'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?



### **Depression**

Empty and powerless



'I 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?





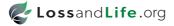
### We learn how to adapt. Find things that bring you energy and joy.

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?

#### 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

