

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, embarrassed,
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,
down, hollow, worthless, hopeless,
misunderstood, incapable, distressed,
lost, pathetic, ashamed, bitter, forced,
wandering, uneasy, tense, hostile,
dominated, pessimistic, distrustful, tearful,

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 the seat slats sagging and one leg bent. The man 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 trees.

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 alleyway is flanked by dark stone walls. At the end of the alley, there is a bright light source, possibly the sun, which casts a long, golden shadow of the runner onto the cobblestones. The overall atmosphere 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

The image depicts a stark, desolate landscape. The ground is a vast expanse of cracked, parched earth, with irregular polygonal shapes formed by deep fissures. In the upper right, a gnarled, leafless tree stands as a silent witness to the arid conditions. The sky is filled with heavy, grey clouds, suggesting an overcast and somber atmosphere. In the lower right foreground, several small, vibrant purple flowers with green stems and leaves are growing, providing a sharp contrast to the otherwise barren and cracked terrain.

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?

*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?

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's face and hands. The person is covering their eyes and nose with both hands, suggesting a state of distress, grief, or depression. The lighting is soft, highlighting the texture of the skin and the fingers. The background is blurred, focusing attention on the person's actions.

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?

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?

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 soft-focus green, likely foliage. 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?

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**