

Grief

This is a difficult time for most of us; an experience which other people, even those close to you – may not understand.

You May Feel ...

- shocked
- numb
- angry and resentful
- relieved
- depressed and in despair
- guilty
- regretful
- anxious, restless and irritable
- panicky
- tired or exhausted
- remote from people
- everything seems unreal

You May ...

- experience physical discomfort in your throat or stomach; headaches; shortness of breath
- lack of concentration
- find it hard to sleep or eat
- be preoccupied with thoughts about the person who died
- imagine the person is still with you
- be confused and frightened
- experience disbelief and be unable to accept what has happened

These feelings may be intense and vary from person to person.

Any of these symptoms often recur unexpectedly but in time the episodes become further apart.

Things That Might Help

- allow yourself time to grieve
- talk about the person you have lost
- keep in touch with family and friends
- don't make hasty decisions especially major ones like moving house
- go at your own pace
- you may find emotional release by crying, talking and occasionally laughing
- try to keep up your daily routine

These are some things you can do for yourself.

You May Wish to Discuss It With

- family and friends
- a doctor
- a counsellor
- your spiritual advisor
- a support service/helpline

We are all individuals and have our own way of grieving.

For further assistance contact:

- Citizens Advice Bureau
0800 FOR CAB (0800 367 222)
- Mental Health Education and Resource Centre
0800 424 399
- Mental Health Foundation
03 366 6936
- Lifeline 0800 543 354
- Samartians 0800 726 666

Also see the Personal Help Services section in the front of the White Pages.

Pamphlets Available in This Series

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Canterbury

District Health Board

Te Poari Hauora o Waitaha

Community Health Information Centre
Community & Public Health
(A Division of the Canterbury District Health Board)

310 Manchester Street
18 Woolcombe Street, Timaru
Elizabeth Street, Ashburton
3 Tarapuhi Street, Greymouth

www.cph.co.nz

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Understanding

Bereavement