

Understanding and Coping with Grief and Loss

GRIEF CAN AFFECT US IN MANY DIFFERENT WAYS

- **Physically** - headaches, exhaustion, low resistance to illness
- **Emotionally** - anxiety, feeling detached or overwhelmed, anger, relief
- **Mentally** - difficulty concentrating, confusion, disbelief
- **Behaviourally** - withdrawing from others, change in sleeping pattern or appetite, crying



THERE ARE THINGS YOU CAN DO THAT MAY HELP

- Be kind to yourself. Try to rest, eat well and keep some structure to your day.
- Be patient. Try to allow yourself to feel and react in a way that is natural to you.
- Talk to someone you trust about how you are coping.
- Ask for and accept support, both emotional and practical, from friends and family.



BEREAVEMENT SUPPORT AVAILABLE

- **Most** people cope with the support from friends and family and some accurate information about grief and loss.
- **Some** people find it helpful to talk to someone outside of their family and friends, such as a trained volunteer. Some may benefit from sharing their experience with others who have experienced a similar loss, such as in a bereavement support group.
- **Some** may need professional counselling.
- Although grief does take time, a **few** people may find that they continue to struggle day-to-day and may need more specialist bereavement support from a trained professional.



IF YOU ARE CONCERNED ABOUT HOW YOU ARE DOING

- Seek out accurate information about grief and loss or talk to your GP.
- The Irish Hospice Foundation free National Bereavement Support Line can offer you support and information about support services in your local area.

National Bereavement Support Line

Phone 1800 80 70 77

Mon - Fri (10.00am - 1.00pm)

Bereavement Information & Resources

Phone 01 679 3188

www.hospicefoundation.ie

