



What is grief ?

Grief is a natural response to losing someone you care about. There's no right or wrong way to grieve. Everyone's experiences of grief are individual. The important thing is to do what feels right for you. Grieving can be painful, and it can't be fixed or made to go away. But the grief and pain will lessen and there will come a time when you can adjust and cope without the person who has died.

The grieving process

Grief is not just one feeling, but many emotions that follow on from one another. You may find your mood changes quickly, or that you feel very differently in different situations. People who are bereaved sometimes say they feel 'up and down'. There's no right or wrong way to feel and no timetable for grief. Everyone is different.

It's common for people to swing between feeling OK one minute and upset the next. You might find that these feelings come in waves or bursts – this can be unpredictable and might make you feel worried, ashamed or afraid.

Helping yourself Heal

Doing things that you enjoy is good for your emotional wellbeing. Simple activities like watching a film with a friend, having a soak in the bath or meeting up with friends for coffee can all improve your day. Doing something you're good at, such as cooking or dancing, is a good way to enjoy yourself and have a sense of achievement.

If you feel able to try and join a social group and meet new people. Try to avoid things that seem enjoyable at the time but make you feel worse afterwards, such as drinking too much alcohol or eating junk food.





Communication is important, whether it's with a friend, family member or counsellor. Talking things through helps you to release tension, rather than keeping it inside. Sometimes talking to a stranger can help. It helps strengthen your relationships and connect with people. Lots of people find talking to a counsellor about things that are troubling them very helpful.

Try talking about your feelings to a friend, family member, health professional or counsellor. Try not to tell yourself that you're alone – most people feel grief after a loss and support is available.

Accepting Lost

Acceptance does not mean that the person feels good or right about the loss. Most people never feel OK about the loss of a loved one. This stage is about accepting the fact that a new reality cannot be changed. It is about seeing how the new reality will impact life and relationships. Sometimes talking to other people who have been bereaved who might recognise how you are feeling can help you to begin to forge out your new life with new relationships.

Grief Support

If you feel you need someone to talk to other than friends or family, Diane is always available to have a chat either by telephone or face to face. She is happy to come to your home or you can visit us here at our premises in Maidstone .

Please call us on **01622 963378** and we will be happy to help. We will also be having a monthly coffee group where you can meet up with other recently bereaved people and make new friends.





Alternatively, Cruse Bereavement Care are a charity who provide free bereavement counselling . The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

The number is **0808 808 1677**. The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when they are open until 8pm.

Very occasionally they may record or listen in to a small number of calls for quality or training purposes, but this is not something they do regularly or routinely.

You can also contact your GP who can refer you to a trained counsellor or give you information about local counselling services and support groups.



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