

Sometimes you may need extra help and support

When to seek help

- You do not have people who can listen to you and care for you.
- You find yourself unable to manage the tasks of your daily life, such as going to work or caring for your children.
- Your personal relationships are being seriously affected.
- You have persistent thoughts of harm to yourself or anyone else.
- You persistently over-use alcohol or other drugs.
- You experience panic attacks or other serious anxiety or depression.
- You remain preoccupied and acutely distressed by your grief.
- You feel that for whatever reason, you need help to get through this experience.

For many people, talking about the death helps us too. In the days and weeks after, if you want to cry, talk, or just have silent thoughts about the one you love, do so. Don't be embarrassed. It is all right. It is a normal response to grief.

Where to seek help

Many people, books, websites and resources can help with information about grief and loss.

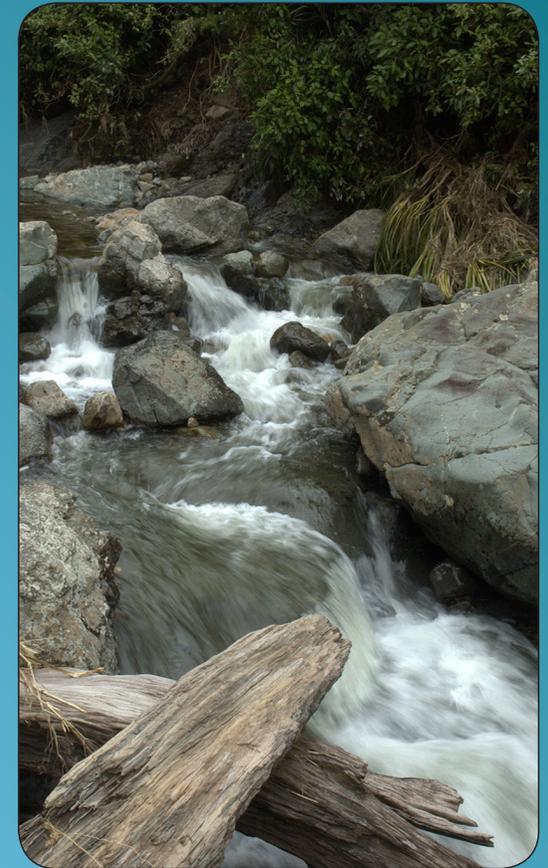
- Your general practitioner may be able to provide support or refer you to someone specialised to help.
- Counsellors or psychotherapists in private practice.
- Social service agencies such as Methodist Social Services, ACROSS, or Te Aroha Noa.
- Maori Health organisations such as Te Runanga O Raukawa and Whakapai Hauora.
- The Bereavement Support Team at Arohanui Hospice.
- Workplace Support, Ministers of religion.
- The following websites have helpful information:
 - www.skylight.org.nz
 - www.mygriefassist.com
 - www.grief.org.au

A comprehensive list of all those who provide bereavement support in MidCentral DHB district is available on www.midcentraldhb.govt.nz

Remember the bad days may come and go and there can be many low points, especially around the 6 weeks, 4–6 months, 12 months and two year points.

Be gentle with yourself at these times.

What to expect when you are grieving



When someone important to you dies, grief is inevitable. Even though everyone is different, people often experience similar feelings and emotions. This pamphlet describes some of the common feelings and experiences. It suggests ways to help yourself and where to get help if you need it.

The range of possible grief reactions is very wide. It is normal that reactions can be strong and intense and experienced in different ways. Examples of common reactions are listed here.

Emotional reactions

- Numbness and shock
- Disoriented – bewildered
- Sad and sorrowful
- Yearning for the person who died
- Fearful, anxious or worried
- Tense and on edge
- Irritable or angry
- Betrayed
- Relief that suffering is over
- Guilt

Physical reactions

- Exhausted
- Adrenaline filled energy surges, unable to keep still
- Tearful, crying, sobbing
- Tight chest, shallow breathing, breathlessness, deep sighs
- Shouting, yelling, screaming
- Nervous laughter
- Heart beating fast
- Feeling hot and cold

Mental/ cognitive reactions

- Slowed thinking or processing
- Disbelief or denial that the person has gone
- Confusion
- Difficulty concentrating on things and making decisions
- Difficulty imagining a positive future
- Perceiving things differently

Social reactions

- Wanting to talk about it, or not
- Wanting to be with others more, or less
- Being very sensitive to what others are thinking or saying
- Wanting physical touch or not

What helps?

Everyone grieves in their own way. Some things to remember are listed below.

- Stay connected with your family, whānau and friends
- Remember to have a healthy diet
- Take time to rest, have a break and sleep
- Try to keep a normal routine in your life
- Remember children will experience similar feelings to yourself
- Defer major decisions for 6–12 months
- Exercise regularly, this can use pent up energy
- Talk about what happened
- Allow people to help you
- You may want to express your emotions through doing something creative
- Let your children share your grief



***Everyone is different
and experiences grief in
a different way***

***“He wheako pouri,
he rerekē ki ia tangata”***

*Love doesn't end with dying,
or leave in the last breath*