

A Brief Guide to Grief

Grief is part of life for everyone. It's not only about death; you also grieve if you lose your job, health, relationship, hopes and dreams, pets or anything else important to you.

Everyone grieves differently

Grief is like a fingerprint; everyone feels it and expresses it differently. Children and teenagers may show their grief in ways you don't expect. Men and women grieve in different ways and often don't understand each other's way. Others may not feel and act as you do, but they may still be grieving.

Grief is more than just sadness

You're normal if you also feel angry, lonely, numb, forgetful, relieved, scared, guilty, betrayed, lost, empty, depressed and much more.

You feel grief in your body too

People often have trouble eating or sleeping, feel tense, shaky, aching, exhausted, cold and other physical miseries when they have had a big loss.

It can take longer than you expect

Grief is more than a series of stages to go through. If it's a big loss for you, you may find it hard for a long time. It may continue to touch you from time to time for the rest of your life. In the months and years to come, a smell, a song or an anniversary can remind you again of your loss for a little while.

You don't have to get over grief

A big loss is something you try to get used to rather than get over. Your aim is to find ways to live with it; you don't have to like it. If someone has died, you don't have to forget them. Cherish your memories and the place they still hold in your heart.

You can help yourself to cope with loss

You can make choices about how you deal with loss. Talking, crying, sharing memories, writing a journal, reading, music, exercise, praying, making things and distracting yourself all help some people. Find what works for you and make time to do it.

Things will get better

Grieving can be hard. It takes a lot of courage and patience. There are good days and bad days. Take heart; you will get through this.

To arrange a confidential telephone, in-person, video or e-counselling appointment anytime, scan the QR code below, telephone our number or visit www.eapservices.co.nz

