

- If you feel angry - find safe ways to express your anger - hitting a pillow, screaming in a space on your own. These may feel silly but they often help.
- Live one day at a time at your own pace.

How we can help

- Our Bereavement Support Coordinator and Support Volunteers are available for phone support or can visit.
- Bereavement Support Groups are run throughout the year. Each group meets for an hour and a half session each week for four weeks. These groups provide an opportunity for bereaved people to share experiences in a safe, supportive environment with trained facilitators.
- We also have a wide range of books for both adults and children to borrow from our library. People often find these resources really helpful.

Where to seek further support

- Your General Practitioner may be able to provide support or refer you to the appropriate services.
- Ministers of religion/spiritual advisers.
- Counsellors or psychotherapists in private practice.
- Social Services connected to Maori Health Groups and other cultural support providers.

*Atawhaitia, Manaakitia Mō
Ake Tonu ~ To Care Always*

A key thing to remember is that a chat or a visit is only a phone call away. Contact us on 03 5463 950 and leave a message for the Bereavement Support Coordinator and she will get back to you as soon as possible. Remember too, that there is no charge for our Bereavement Support Services.

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Bereavement Support

Caring for our community since 1987



A little about the grieving process & how we can help



Grieving is about mourning the loss of someone close to you and adjusting to life without that person. It can be painful at times and take longer than you expect. Death is an event, but grief is a process. When we are experiencing the process of grieving, life can be a rollercoaster of emotions. You are likely to experience a range of feelings, behaviours and thoughts - sometimes all in one day.

Some of the more common feelings and emotions:

Sadness at losing someone close. You might feel a heightened awareness and sadness for other losses too.

Relief that the persons suffering is over; that you are free from the worry and exhaustion of providing care.

Shock/Disbelief/Numbness: a sense of unreality. You may feel stunned at what has happened.

Guilt that I could have done more, I could have done better, if only I had taken more notice.

Anger at what has happened. Why us? Why me?

Frustration with the challenges of having to cope on your own, learn new tasks and readjust your life.

Resentment at seeing other couples or people enjoying themselves.

Emptiness/Helplessness: what is the point of life now?

Fear: how will I manage on my own? What does the future hold for me?

Loneliness and loss of companionship and changing roles.

You may also experience the following effects ...

Tension - more easily startled, agitated or short-tempered.

Dreams and Nightmares - about your loved one's death, or other frightening events.

Intrusive Memories - in the form of flashbacks.

Sleep Problems - interrupted sleep, insomnia.

Relationship Problems - in the family or with others.

Remember that children will experience grief too as well as friends and family.

Cognitive Difficulties - confusion, memory loss, preoccupation with the loss.

These are responses that help people adapt to sudden change or loss. With support they will disappear in time.

Practical help for yourself

- Get plenty of rest, grieving uses a lot of energy. You may often feel tired.
- Keep decision making to a minimum. Try not to make any major changes in your life at this time.
- Eat well. If you have little appetite, small easy snacks provide good nourishment.
- Have regular exercise that you enjoy - walking, gardening, swimming, cycling.
- It can help to express your feelings, concerns and memories for example, by talking to others or writing a journal.
- Maintain some regular routines in your day to day life.