

**Grief is not about
“getting over it”.**

It is about
learning to live with the loss.



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GRIEF AND BEREAVEMENT

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SOME THOUGHTS ON GRIEF

What is grief?

Grief is a natural, normal response to loss. In our behavior we might react a number of ways:

emotionally spiritually physically

Our response is unique to us as individuals and only the person experiencing the loss can determine its significance. When we grieve, we may feel very different to anything we have experienced before.

While grief often feels confusing and overwhelming, it is a process that helps us come to terms with a loss and to find a way to carry on with life.

We may experience many different feelings, often all at the same time...

Tearful, shocked, numb, sad, guilty, angry, resentful, tired, anxious, alone, unsure of what to do, restless, frightened, unmotivated, relieved, confused, disconnected from others, disbelief, oversensitive to noise, forgetful...

It might help to ask yourself these questions:

- In what ways is my grief affecting me – spiritually,
- emotionally, physically, intellectually and
- behaviourally?
- When do I feel vulnerable?
- What memories do I have of my loved one?
- When things become normal again, what will I notice?
- How will I know when life starts to become more normal?

It may also help to try the following:

- Take your feelings seriously
- When someone offers to help you with something – let them
- Talk about what has happened
- Let yourself have time to think through decisions, especially big ones, like moving house
- Do something nice just for yourself, every day
- Do what feels right for you, not what other people say you 'should'

HELPFUL BOOKS

Grief Therapy Karen Katafiasz

Coming to Grief Pam Heaney

Children's Grief Pam Heaney

A Return to Love Maryanne Williams

The Wheel of Life Elisabeth Kubler-Ross

HELPFUL WEBSITES

www.otagohospice.co.nz

www.skylight.co.nz

IN YOUR BEREAVEMENT

We offer continuing support to all our families/whanau in the following ways:

Bereavement afternoon tea

We hold informal afternoon teas every three months and you will receive an invitation to this approximately three to five months after your bereavement. It is an opportunity to catch up with staff and look in our Remembrance Book.

Remembrance Service

We hold a Service four times a year and again, you will receive an invitation to come along. This will be approximately one year following bereavement. After the service, there is an afternoon tea and an opportunity to make contact with Hospice staff.

However, we do respect your privacy and please let us know if you do not wish to receive these invitations.

Kowhai group sessions

Please ask one of our staff for current information.

Come back and see us

If there are any medical, nursing or any other questions you have unanswered, we can arrange for a doctor, nurse or appropriate staff member to meet with you and your family. This gives you a chance to talk through your questions or concerns.

Other services

If you are struggling to adjust, counselling may be available. The Hospice counsellors can also provide you with information to help you support the children in your families, and can refer you to appropriate services.