

# The Grieving Process

**Grief is a very strong emotion that can be overwhelming.**

Grief can be the result of losing someone suddenly, receiving a terminal diagnosis, or losing someone who has experienced poor health for a long period of time.

Grief can also be experienced as a result of loss. Loss can be felt for a number of reasons, for example: the breakdown of a relationship, moving away from loved ones, losing a job or a house.

Grief is a difficult emotion and is often felt by people in very different ways depending upon the situation, the person and their coping strategies. However, there are often a number of key processes that someone will go through in order to grieve for the person/situation/object they have lost.

A person may find themselves struggling with feelings of shock, denial and a loss of control, causing anger and frustration. These feelings can impact upon a person's ability to function on a daily basis.

Grief is an emotion which needs to be felt and dealt with in order to move on from the situation over time.

Some people may experience shock. The feeling of shock can cause feelings of numbness, helplessness and disorientation. People may struggle to carry on with daily tasks and feel like they have almost lost their place in the world. They may ask themselves searching questions, such as: What do I do now? Why do I feel nothing?

The shock may then turn into feeling anger towards their loss. Anger is a completely normal part of the grief process.

Depression, a more lasting condition, can be the result of lack of control which causes someone to feel powerless and unable to control and cope with the situation and their future. Depression can feel like there is no way out of the situation and there is no positive outcome to be sought. It is important to talk about your feelings to your friends and loved ones.



## How can you help yourself to overcome grief?

There are no quick cures for grief, but there are many things you can do to ease the process.

Use hobbies and interests to try and reduce your negative emotions. Exercise such as brisk walking, running, cycling, swimming or playing games all boost your mood and help you to free yourself of negative emotions, even if it is just for a short period of time.



If your low mood does not improve over time, seek specialist support from your doctor and local professionals who can offer you an appropriate intervention.

Your friends and family will be there for you to support you and help you through this difficult time. However, people who have not experienced bereavement or loss may find it difficult to know what to say and may choose not to say anything at all. This may be frustrating for you: you may want to talk about what has happened to help you to process the experience.

After a period of time (this is totally unique to you) you may naturally start to feel acceptance about what has happened and feel that you are able to start managing your life and moving on. This is an important stage of grief.

