

# Bereavement

## Grief and ways of coping

**Name:**



Created by:

CWP Learning Disability Psychology

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- ◆ You do not need to read the whole book
- ◆ Read the parts that are useful to you.
- ◆ Ask for help if you find it hard
- ◆ If you need to know more about death read 'Information about Death'
- ◆ There is also a book for carers

# Loss

Loss is when something leaves our life

It is a change we do not like.

When we lose something we feel sad. This sadness is called **grief**.



Not being able to do something you used to do.



A place you used to go closing.



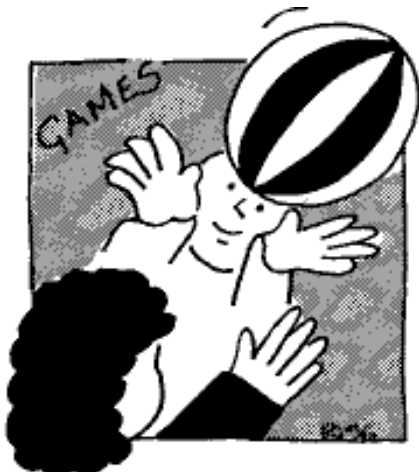
Having to move home.



Someone you care about dying.

When someone you care about dies this is called **bereavement**.

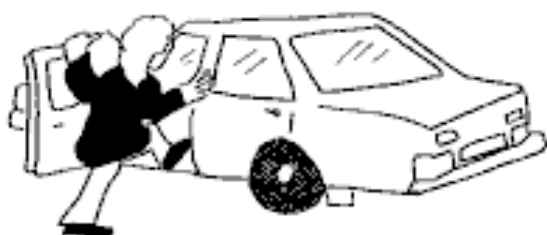
Sometimes after a bereavement more loss can happen.



No longer doing something you used to do together.



Not seeing someone you used to see together.

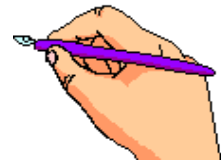


Not going to a place you used to go together

- Think about things that you do not have any more.
- Think about things that you do not do any more.

⇒ Write below the things you have you lost in your life.

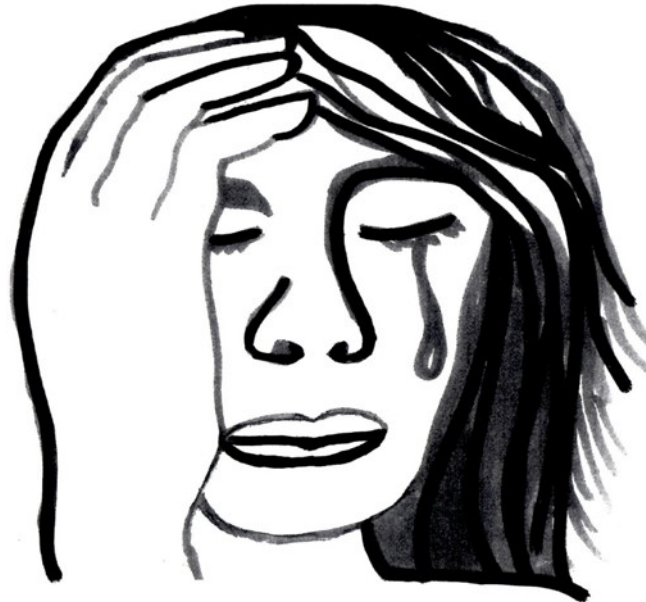
Write here



If someone important to you has died you can **put a picture** of them below to show who this booklet is about for you and write their name below.



# Grief



Grief can affect lots of things.

**How you feel**

**How you behave**

**How you think**

# Feelings

People can have all kinds of strange feelings. They might



Feel sick  
Feel breathless



Need to cry a lot  
Feel sad  
Feel lonely  
Feel lost



Get pains  
Get ill more often  
Feel tired



Feel like they did a bad thing  
Feel worried or frightened



Feel very angry



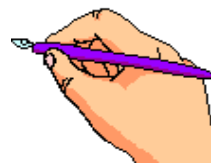
Have different feelings  
Not know how they feel  
Stop having feelings

**However you feel is OK.**



⇒ Write below the feelings you have

Write here



# Behaviour

People can behave differently.



They might want to be alone more  
or  
be afraid to be alone



They might not be able to sleep  
or  
want to sleep more



They might not want to do anything  
or  
want to keep busy



They might not want to eat  
or  
want to eat more



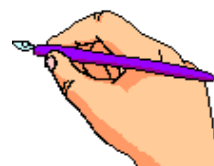
They might want to talk about it a lot  
or  
not talk about it at all



**Everyone is different**

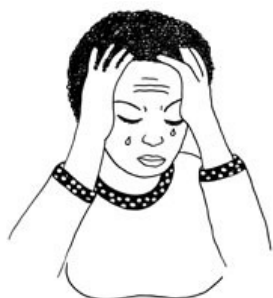
⇒ Write below what things you do differently

Write here



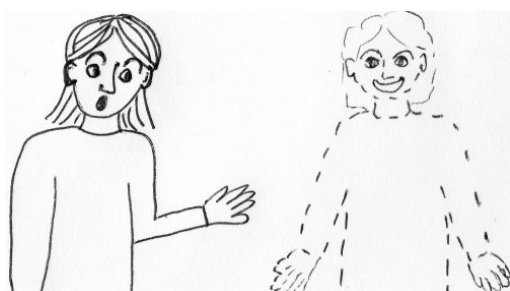
# Thoughts

People can think differently. They might



Think they will not be able to cope.

Find it hard to think or make decisions.



Wish it was not true.

Miss the person so much they seem to be there.



Think no one understands.

Think nothing matters any more.



Worry that they should have said something.

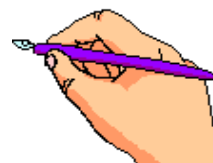
Worry that they should have done something.



Think it's really unfair and ask 'why me?'

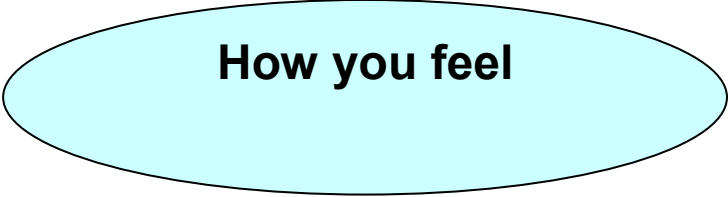
⇒ Write below the things that you think

Write here

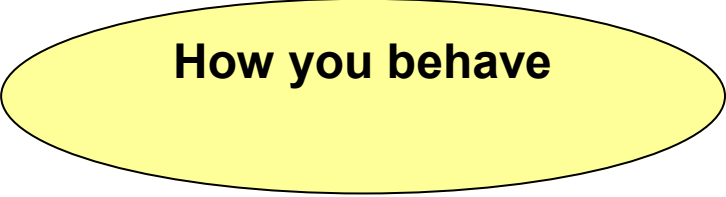


# Ways of Coping

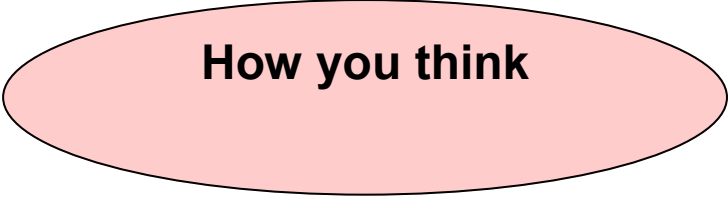
- There are things that you can do to help you.
- You will need to think about the things below.



**How you feel**



**How you behave**



**How you think**

- Lets look at them one at a time..

# Feelings

- At first there are big feelings all of the time.
- You might want to push away the bad feelings.
- You probably will not feel sad every minute of every day.



- You might forget and enjoy something.
  - It is OK to have fun
  - Even when you are very sad



- You will remember again.
  - The feelings return.
  - Feelings can be sudden and strong.



- Over time feelings get smaller or happen less.



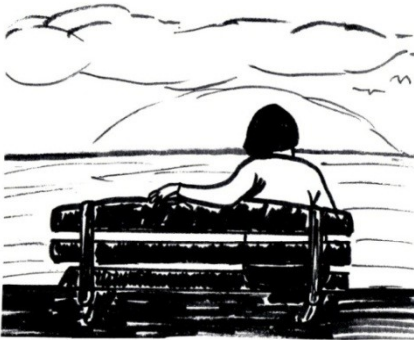
- Instead of trying to forget it can help to remember.
  - Let the sad feelings out.
  - Happy memories can grow.

⇒ Things you can do to help you remember

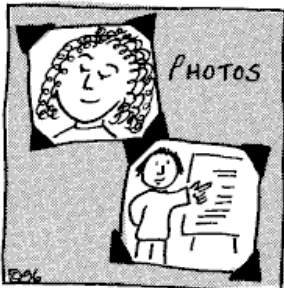


Visit the grave.

- Take flowers.
- Say what is on your mind.



Visit somewhere you used to go with them.



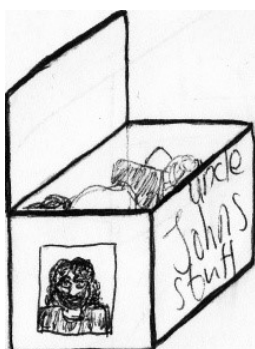
Make a book of photos.

- of the person
- of places you went together
- of things the person liked



Cut and stick pictures that remind you of them.

Paint or draw.



Make a memory box to put things in

- that belonged to the person
- that remind you of them
- that they liked





Record the person's favourite songs.



Plant a flower or garden in their name to remember them.



Share your memories with someone who knew the person.

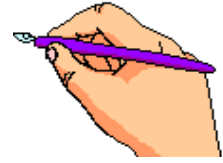


On special days like Christmas or birthdays you could do something nice to remember them.

- You choose what you want to do.
- It has to be **right for you**.

⇒ Write below what you would like to do to remember

Write here



# Behaviour

- It is very hard when someone you love dies.
- Be kind to yourself.
- Do what makes you feel better.
- At first it may be too hard to do your normal things, that is OK.



But try to let yourself have some fun.



Plan things to look forward to.



Give yourself time

Let yourself relax.



Take some exercise

## Things to be careful about

- At first it is OK to behave in whatever way makes you feel better.
- But some behaviour might become bad for you over time.
- Some things to look out for are



Losing a lot of weight.



Putting on a lot of weight.



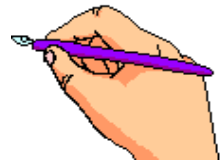
Spending all your time on your own .

Never smiling any more.

If you feel worried about yourself ask for some help. Turn to page 25.

⇒ Write below what things you could do to look after yourself

Write here



# Thoughts



If decisions are hard to make tell people you do not feel like making them.



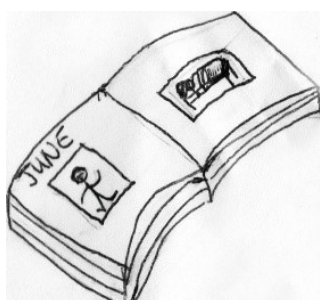
Talk to someone about your thoughts.

- It could help you stop worrying.
- They could explain something that you do not understand.



Say the things you wish you had said to them.

- Pretend the person is there.
- Write a letter to the person.

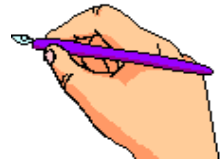


If you are a bit confused, it can help to keep a thought diary or picture book.

- Over time it may make more sense.
- Showing it to people might help them understand how you are feeling.

⇒ **Write below what you think might help you cope with confusing thoughts**

Write here



## Things that work

Look through the book at the things you have tried to help yourself deal with your bereavement.

⇒ **Write** in the box below what things worked and what did not

Activities	Tick if worked	Tick if did not work	Think of something else you could try



## Getting help

- You may have feelings that are really big, bad or scary.
- You may not think you have anyone to talk to who understands.
- If you have felt bad for a long time and you want help to feel better it is OK to ask.



There are people who can listen to how you feel.

They can show you ways to help things become easier over time.



They can help your carers to understand.



It can help to meet people who had had the same experience.

## Where you can find extra help





Or you can ring them:

- Cruse Bereavement Care: 08444779400
- Bereavement Advice Centre: 08006349494
- Mind: 0300 123 3393
- Sane Line: 0300 304 7000
- Samaritans: 08457 67 80 00
- Support Line: 01708 765200

## Contact for help

The contact details below are for the Community Learning Disability Teams where you can get further information. If you complete the feedback form on the next page please send it to your local team.

### Wirral

Address: The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, Wirral, CH42 0LQ

Tel: 0151 488 8100

### West Cheshire

Address: Eastway, Countess of Chester Health Park, Liverpool Road, CHESTER, CH2 1BQ

Tel: 01244 397222

### East Cheshire

#### **Stalbridge Road Clinic**

Address: 54 Stalbridge Road, Crewe, Cheshire CW2 7LP

**Tel:** 01270 656 335

#### **Rosemount**

Address: Chester Road, Macclesfield, Cheshire, SK11 8QA

**Tel:** 01625 509 013

### Trafford

Address: Waterside House, Waterside, SALE, M33 7ZF

Tel: 0161 912 2810

Fill out the form below if you want to let us know what you think of this pack.

⇒ Tick the face you agree with most.

- **How did you feel before you used this book?**

Really Good	Good	OK	Bad	Really Bad

- **How do you feel since using this book?**

Really Good	Good	OK	Bad	Really Bad

- **Do you think you have learned much from this book?**

Yes, Lots	Some	Not sure	Not Really	No, Nothing

- **How useful have you found this book?**

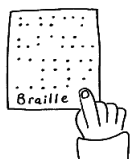
Really Useful	Useful	Quite Useful	Not Very	Useless

- **How easy to use did you think this book was?**

Really Easy	Easy	Easy and hard	Hard	Really Hard

- **What did you like or find useful?**
- **What did you dislike or think was not useful?**
- **Is there anything you would change?**

This leaflet is available in other languages or formats



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