

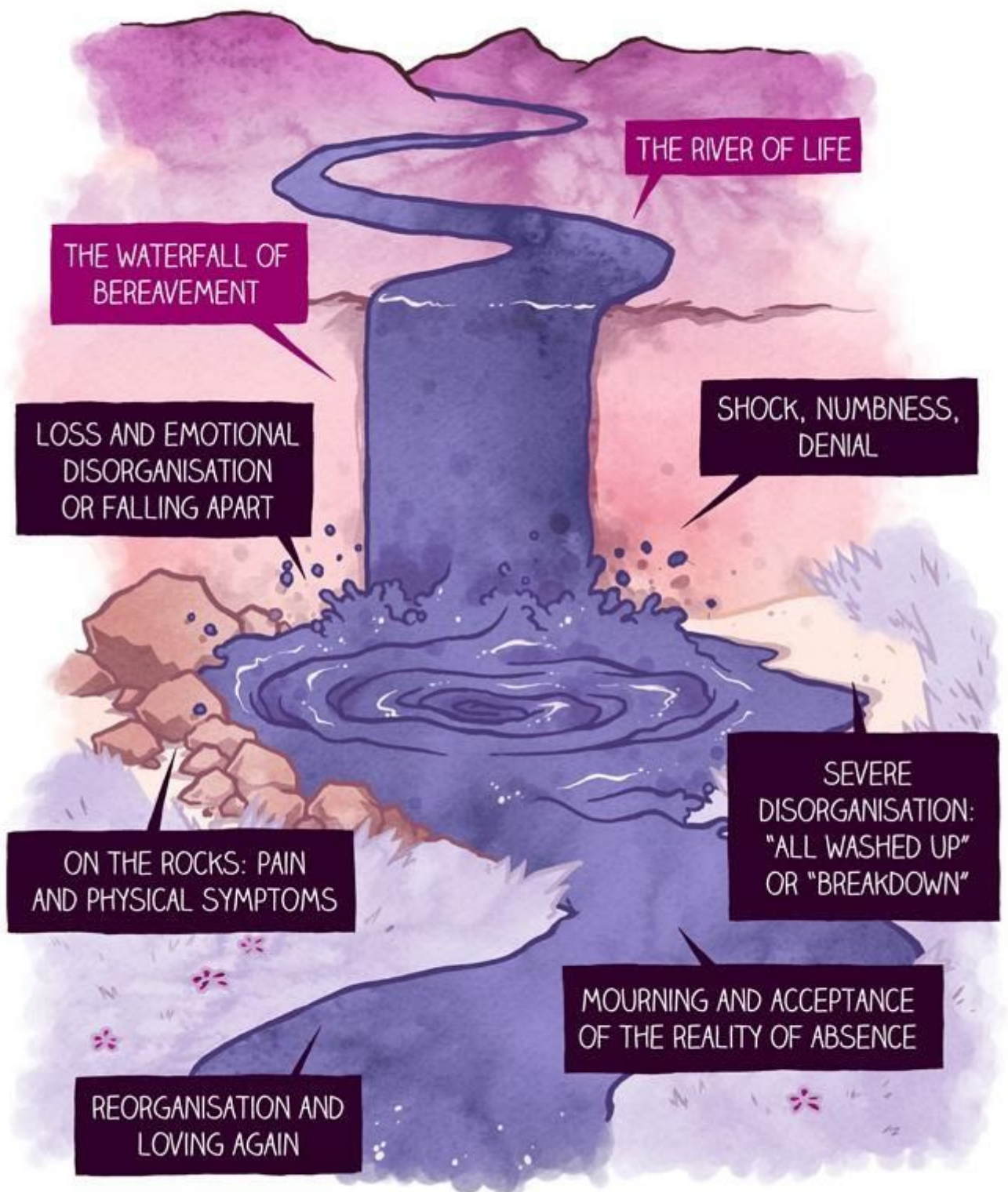
Grief is a natural and often confusing state.

In some way, everyone's grieving journey is different.

This leaflet shares various sources of advice, reassurance and shared experiences of grief, loss, bereavement, emptiness and pain



THE WHIRLPOOL OF GRIEF



BEREAVEMENT IS WHAT HAPPENS TO YOU; GRIEF IS WHAT YOU FEEL;
MOURNING IS WHAT YOU DO.



What is Grief?

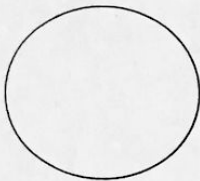


Grief is the uncomfortable feeling experienced by people when somebody they loved very much dies.

As everybody is different, grief is felt differently by everybody.

There is no "right" or "wrong" way to grieve.

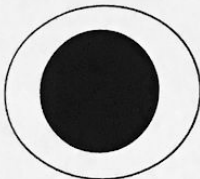
The diagrams below are just a guide to help you through the grieving process and to help you to understand how you might be feeling today.



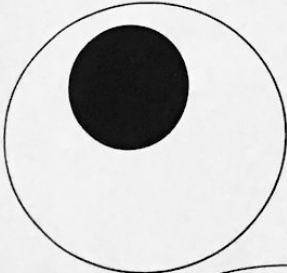
This white circle represents your life and the lovely things you do—eg, going to school, spending time with family, playing with your friends.



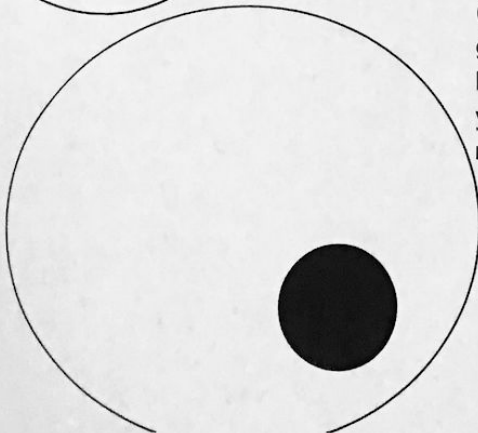
This large black blob represents your grief—the uncomfortable feeling you have when somebody you loved has died.



(1) This is what happens when somebody you loved very much dies. The grief takes up a lot of your time and thoughts—there is not much of the white circle left for lovely things.



(2) This is what happens as time passes. As you can see, the grief is still there, but the white part is bigger, making the black blob seem smaller. You are still grieving for the person you loved, but are able to enjoy your life, too.



(3) It can take some time to arrive here—where the grief is still there, but is now only a tiny part of your life. You are now able to enjoy doing the things you love without thinking about your grief too much.

You might have some days when you go back to the second diagram, and other days when you feel even better than the third diagram. Perhaps you can draw your own grief diagrams to show how you are feeling each day.

Or, another way of looking at it....

GROWING AROUND GRIEF

HERE IS A NEW WAY OF THINKING ABOUT GRIEF AND RECOVERY:



THIS CIRCLE REPRESENTS A LIFE THAT IS TOTALLY CONSUMED BY GRIEF.



ONE SHOULD ACCEPT THAT THE GRIEF WILL NEVER ENTIRELY DISAPPEAR, BUT OVER TIME IT WILL BECOME A SMALLER, MORE MANAGEABLE PART OF LIFE.



EVEN THOUGH THE GRIEF IS STILL THERE, A NEW LIFE EXPANDS AROUND IT; ONE IS ABLE TO GROW AROUND GRIEF.

Some Helpful Websites

<https://www.hopeagain.org.uk/> - bereavement charity

<https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-coping-with-death> information

https://www.griefrecoverymethod.co.uk/_webedit/uploaded-files/All%20Files/Schools%20-%20Resources/six_sentiments_online.pdf - reassurance

<https://www.bbc.co.uk/newsround/39407116> - clip

<https://help2makesense.org/what-can-i-do-for-myself/> - suggestions

<https://www.winstonswish.org/online-chat/> - advice and help

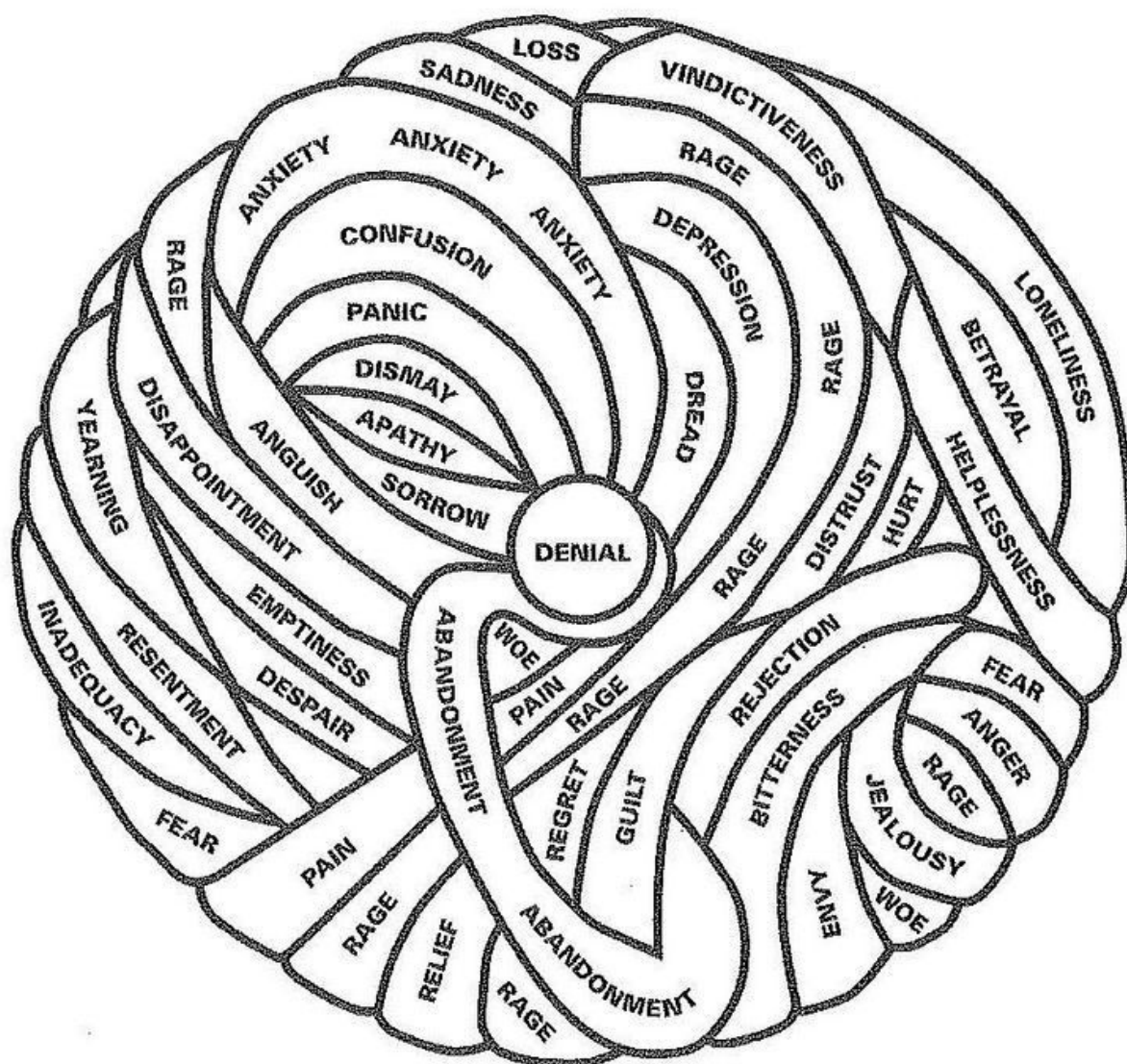
<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/> - advice and help

<https://www.thegoodgrieftrust.org/find-support/for-young-people/> - advice and help

<https://www.kooth.com/> - help and advice for teens

BALL OF GRIEF

A TANGLED "BALL" OF EMOTIONS



A poem for thinking about (one for a male and one for a female)

She is Gone!



You can shed tears that she is gone
or you can smile because she has lived.

You can close your eyes and pray that she'll come back
or you can open your eyes and see all she's left.

Your heart can be empty because you can't see her
or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday
or you can be happy for tomorrow because of yesterday.

You can remember her and only that she's gone
or you can cherish her memory and let it live on.

You can cry and close your mind,
be empty and turn your back
or you can do what she'd want:
smile, open your eyes, love and go on.

David Harkins, © 1981
Silloth, Cumbria, UK

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