

Tips to manage grief

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss>

Below is an extract from an article titled 'Grief, Loss, and Bereavement' written by Dr Matthew Whalley and Dr Hardeep Kaur, both clinical psychologists.

<https://www.psychologytools.com/self-help/grief-loss-and-bereavement>

How you might think and remember	How you might feel emotionally and in your body		How you might act
<ul style="list-style-type: none"> Thoughts about unfairness Worries about how you will cope Anger at the person for leaving you Thoughts that you can't go on Thoughts about what you should have done or said Thoughts about how things are going to be different Thoughts about what you are going to miss Remembering conversations (or arguments) Wishing that you had done things differently Unwanted memories Dreams or nightmares Happy memories Thoughts that they're at peace Thoughts that they are not suffering Seeing or hearing your loved one 	<ul style="list-style-type: none"> Strong emotions Fear Anxiety Guilt Regret Numb Hopeless Helpless Anger Sadness Yearning Longing Frustration Forgetfulness Irritable 	<ul style="list-style-type: none"> Tired Fatigued Pain Heartache Emptiness No feelings at all Shock Disbelief Feeling sick Unable to eat Unable to sleep Tired Relief Peace Content 	<ul style="list-style-type: none"> Dwell, ruminate, ponder Avoid reminders Avoid being alone Avoid being with people Carry on as normal Keep busy Tell other people you feel ok Stay in bed Stop doing things that you used to do Drink alcohol Distract yourself Behave recklessly, take risks Remember them Visit their resting place Want to be near them Talk to them Look at photos Speak to people who were close to them Look through their belongings

Resources

Suicide Call Back Service: 1300 659 467

<https://www.suicidecallbackservice.org.au/lost-someone-to-suicide/>

Suicide Call Back Service provides phone and online counselling for anyone who has lost someone to suicide. Bereavement can often be very complicated. In addition to grief, people bereaved can experience shock, guilt, anger and loneliness. Suicide Call Back Service has a number of resources available that can help you through this difficult time. If it is an emergency call 000.

On-Line Forum Specifically for Grief

<https://griefline.org.au/forums/>

Griefline's Forum VolunPeers are Griefline-trained volunteers who support people on the helpline and the forums. Here on the forums you can spot a VolunPeer by their username which includes the prefix 'VM' (VolunPeer Member). They may offer information, suggest coping strategies and tools, provide links and resources, and share their own experiences around grief and loss. On the forums, they are here as peers first and foremost to walk alongside you in your grief journey.

Beyond Blue Grief & Loss Forum

<https://forums.beyondblue.org.au/>

Support and advice following the loss of a family member, partner, spouse or someone close to you.

Counsellor – 1300 224 636

Chat to a counsellor online - <https://www.beyondblue.org.au/>

Articles

<https://ideas.ted.com/sorrow-and-tragedy-will-happen-to-us-all-here-are-3-strategies-to-help-you-cope/>

<https://www.grief.org.au/ga/Content/Information-Sheets/Suicide%20bereavement.aspx>

<https://www.helpguide.org/mental-health/grief/coping-with-grief-and-loss>

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