



The Guernsey Bereavement Service LBG
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Perry's Guide Ref: 9G2

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OTHER HELP AVAILABLE

Your Family Doctor

The Samaritans (Tel 715515)

The Sunflower Project (Tel 724421)
(Children's Bereavement Charity)



**HOW DO I COPE WHEN I LOSE SOMEONE I
CARE ABOUT?**

Someone close to you may have passed away recently, or maybe some time ago. Your experience is a very personal one, but we hope this leaflet may help you understand some of the feelings that you perhaps have. It will also suggest ways in which you can help with the healing process.

Here to Listen. Ready to help.

WHAT YOU MAY EXPERIENCE:

A FEELING OF NUMBNESS

Initially after a loss you may feel numbness, its nature's way of cushioning the blow. Some feelings that can accompany this are:

Shock	Apathy
Confusion	Inability to concentrate
Denial	Sense of unreality

In the early days after a loss, life seems simply a matter of survival. There are so many adjustments to be made; practical, emotional, physical, social, and spiritual. This can be a painful process. Getting through some days is a major challenge.

A FEELING OF YEARNING

As the period of numbness changes, you may experience very strong emotions. At times you may have the feeling you are searching for something but are never able to find it. Feelings that can come with this are:

Anxiety	Vulnerability
Impatience	Helplessness
Loneliness	Crying and sobbing
Restlessness	Yearning

You can help yourself by accepting and working through your emotions. Allow yourself to express what you are feeling. Showing feelings is not a sign of weakness. Allow yourself to cry, to laugh, to be angry.

You have lost someone you feel deeply about, and it hurts.

HEALTH

It is quite normal to feel tired and be unable to sleep, eat, or concentrate properly. You may begin to have physical pains that you do not normally have. For the most part these are things that happen to many bereaved people but if they persist you should see your doctor.

FEELINGS OF PROTEST

In one sense, the periods of numbness and yearning are times of avoidance.

The reality of what has occurred may not have been fully realized. There is often a difficult period of three to six months after the loss when the full impact of the situation hits us.

You may now begin to experience the pain of that realization. While continuing to experience many of the emotions of the period of yearning, you may also feel:

Guilt	Depression
Anger	Hopelessness
Fear	Abandonment

Accepting the reality of loss is part of the grieving process. Grief is painful. It hurts to lose someone you care about. There is no easy way around it or over it; we must work our way through it. Hard though it seems to believe, the pain will not last forever. Grief has a way of easing off and soon the intensity of the pain will not be so severe.

WHAT CAN HELP?

TALKING AND SUPPORT

Meeting with a bereavement counsellor on a one-to-one basis is an option available. The opportunity to explore and express emotions with someone outside your home environment, who is there solely for your benefit and guarantees complete confidentiality, can be a lifeline when you are bereaved.

Many people find it helpful to talk about what happened and how they feel over and over again. This can be an important part of the healing process.

Sharing your grief with others who have had a similar experience within a support group setting may also be a helpful option for you.

Alternatively, you may want your own privacy. You may also find it easier to be with a few close select people than with groups of people who do not know what has happened. Families and friends can be a great support.

BEGINNING TO LIVE AGAIN

In time you will become aware that you are beginning to have good hours and days. You will find that you can listen to that "special" piece of music or remember something that you once shared with the person you have lost without feeling so sad. Gradually you will begin to take up new interests and renew some of your old ones. At this time, you may sometimes feel you are being disloyal to the person you have lost but you should try to remember that, whilst the past will always be with you, there is a present and a future that you can enjoy.

The next step...

**If you think we can be of service to you
then please contact us by phone or email:**

Email: admin@gbs.org.gg Tel: 257778