



Grieving

Processes

DYING 2 TALK

Grief (noun.)

Response to loss, particularly to the loss of someone / something that has died, to which a bond was formed. It has emotional cognitive and physical effects on a person.

Synonyms

- bereavement
- despair
- heartache
- sorrow

Everyone grieves differently and at different rates. We all have unique emotions which deal with death differently.

5 Stages of grief

These may happen quickly, slowly or not at all.

Denial

- disbelief
- feeling numb

Anger

- death seems unfair and cruel.
- Anger towards bereaved, at yourself or towards others.

Bargaining

- making deals with yourself or with God.
 - ↳ can help to feel as though you are doing something to help

Depression

Sadness, intense pain, can come in waves over months or years.

Acceptance

Learning to live again while keeping memories.

What might grief feel like?



Sadness

- feeling like you want to isolate yourself.
- feeling low or like you are drowning.

Shock, denial or disbelief

- our mind trying to protect us especially during the early stages of grief.

- feeling as though it's not real

Numbness

- can help to process what has happened at an easier pace
- can feel 'stuck' or 'frozen'

Panic

- grief is an overwhelming process and can be a lot to deal with which can cause feelings of panic.

Anger

- grief can be painful and feel unfair, so you may feel frustrated trying to make sense of your feelings.



Feeling overwhelmed

- grief can happen quickly, with mixed emotions and a lot of thoughts in a short amount of time which can cause the feeling it's all too much.

Relief

- you may feel relief especially if the deceased was in suffering, feeling relieved they are no longer in pain.

Mixed feelings

- you may feel one and/or more of these feelings as we all grieve differently.