

# Toolkit: : Getting Through Mourning and Grief

**When someone close to you dies, or you lose something important, you have to adjust to living in a world which is irreversibly changed.** You may have to let go of some dreams built up and shared with the person who has died.

**Bereavement, grief and loss can cause different physical and psychological symptoms, and affect different people in different ways.** Do not let anyone tell you how to feel, and do not tell yourself how to feel either. Your grief is your own, and no one else can tell you that it is time to “move on” or “get over it.” Let yourself feel whatever you feel without embarrassment or judgment. It is okay to be angry, to cry, or not to cry. It is also okay to laugh, to find moments of joy, and to let go of your grief (even briefly).

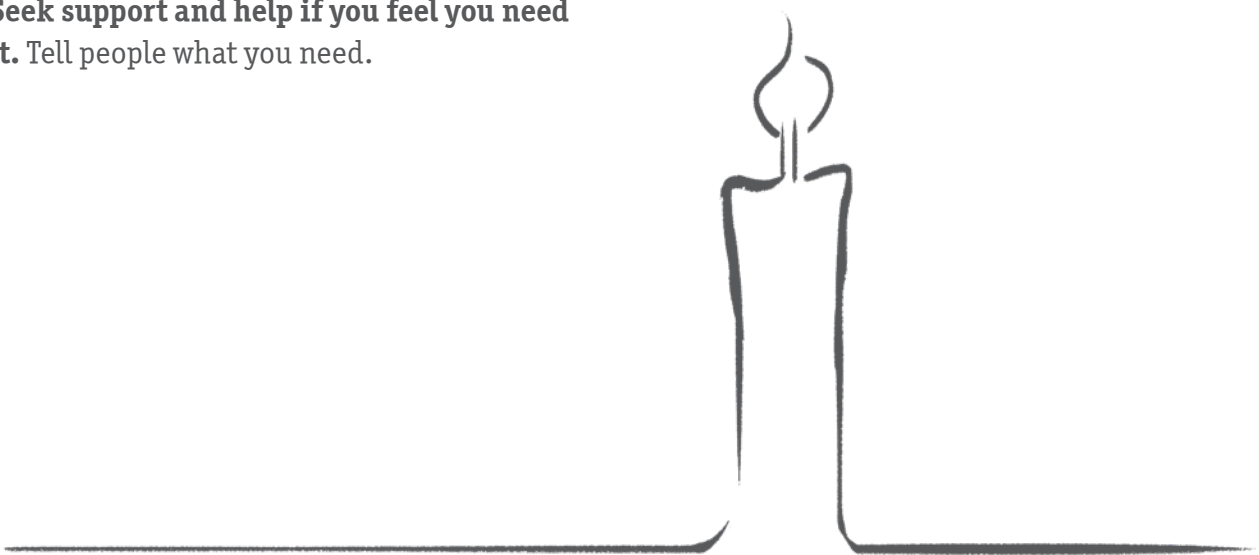
Be aware that grieving is not a linear process. One day you might be fine, and the next, you might - unexpectedly - feel just like you felt when you first lost your loved one. Do not be surprised, or see this as a failure of any kind if this happens - it is normal.

## DO:

- **Look after yourself.** Eat properly and try to get enough rest (even if you can't sleep).
- **Give yourself time and permission to grieve.**
- **Talk to other people about the person who has died and your feelings.** Embrace and accept both the happy and sad memories.
- **Seek support and help if you feel you need it.** Tell people what you need.

## DO NOT

- **Isolate yourself.**
- **Keep your emotions bottled up.**
- **Think you are weak** for needing help.
- **Feel guilty** if you are struggling to cope.
- **Turn to drugs or alcohol** - the relief will only be temporary.



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When someone we care about dies in a sudden or traumatic situation, this can add (sometimes significant) complications. You may have witnessed their death, or the deaths and injury of others. Everyone's experience and responses to this will be different. There is no right or 'normal' response. You may have feelings that can sometimes be very strong and frightening, and can manifest as PTSD – do not hesitate to seek professional help if this is the case.

**Helpline USA:** Crisis Call Center at **1 (800) 273-8255** or text **CARE** to **839863**

**Helpline UK:** Cruse Bereavement Care at **0808 808 1677** or **helpline@cruse.org.uk**

## Sources and References

- **About Grief** - <https://www.cruse.org.uk/get-help/about-grief>
- **Traumatic Loss** - <https://www.cruse.org.uk/get-help/traumatic-bereavement/traumatic-loss>
- **Restoring Hope** - [https://www.cruse.org.uk/sites/default/files/default\\_images/pdf/Documents-and-fact-sheets/Restoring\\_Hope\\_Jul2017.pdf](https://www.cruse.org.uk/sites/default/files/default_images/pdf/Documents-and-fact-sheets/Restoring_Hope_Jul2017.pdf)
- **Helping Others Cope with Grief** <https://foh.psc.gov/NYCU/CopingTips.pdf>
- **The Compassionate Friends** <https://www.compassionatefriends.org/>
- **Crisis Support Services of Nevada** <https://cssnv.org/>
- **Coping with Grief and Loss** <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>