

Loss & Bereavement

Factsheet



Loss and grief

Grief tends to be associated with the death of a loved one.

However the same emotions may be associated with other forms of loss.

We experience loss and grief throughout our lives from the cradle to the grave.

Constant

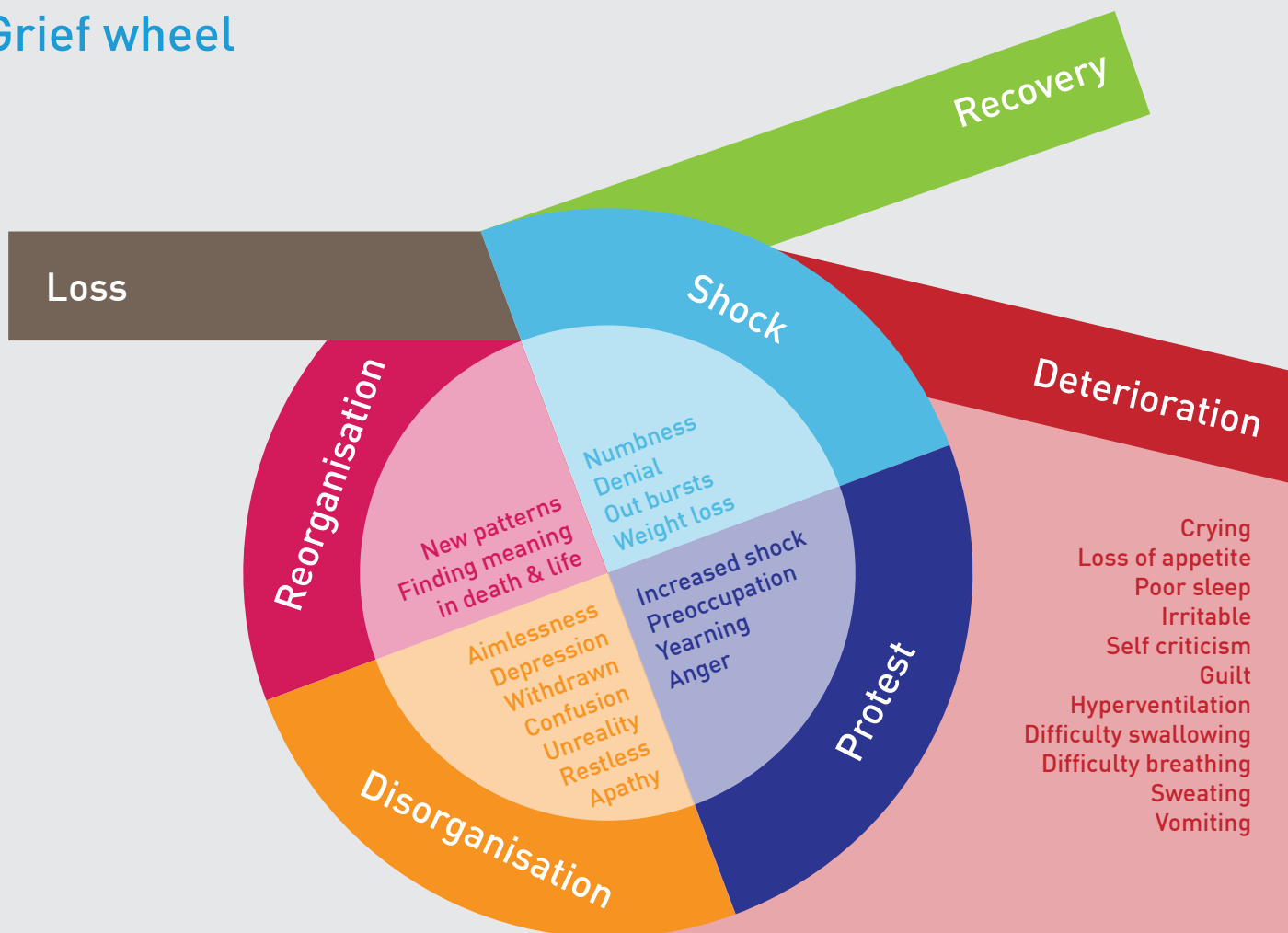
Death is such a constant feature of our lives yet we often deny its existence.

Even today, death remains a taboo subject - rarely talked about - even in the closest circles.

Taboo subject

- Reminders of our own losses
- Thoughts of our own mortality
- Not knowing what to say, do or how to act
- Feeling of tempting fate

Grief wheel



Types of grief

Absent Grief	Delayed Grief
Inhibited Grief	Unbalanced Grief
Chronic Grief	

Tasks of grieving

Accepting	Feeling
Adjusting	Letting go

Accepting reality

- An individual may keep all reminders of the deceased. This denies the meaning of loss "they have just gone out"
- Wipe away any reference of the deceased to deny they ever existed.

Well meaning family

Often, caring relatives will remove all clothes and belongings for the bereaved, and this can make accepting the loss more difficult to absorb.

The pain of loss

- The pain of loss can be extreme and difficult to process
- This can sometime be suppressed and hidden with a brave face
- This can then test a person religious faith and belief.

Adjusting

The bereaved person is unable to adjust to living without the person. They may avoid reminders of the deceased.

Moving forward

Person is unable to let go and therefore does not have the energy to go forward

Also may not allow themselves to become close to another for fear of being hurt by that person dying.

10 Ways to help

- Be there
- Listen and accept
- Non-judgement
- Encourage them to talk
- Allow silences to happen
- Aware of own feelings
- Offer reassurance
- Anger is personal
- How my feelings effect
- Make time and space
- Functions of funerals
- Confirm reality
- Encourage emotions
- Time for reflection
- Opportunity for action
- Social network
- Allow context of meaning
- Source of comfort
- Confirm life can go on
- Natural
- Individual
- Not to be feared