

The roles of everyone in a family are likely to be affected which may produce closeness and support, or give rise to misunderstanding and further hurt.

Grief is an individual process and we all react differently, so do not feel that you are abnormal if you do not identify with the above. It is however, important to allow yourself time and space to grieve, and also to occasionally take a break until you become able to cope with your memories. It is time of change and adjustment which can be very challenging.

If you feel you might benefit from further support, please speak to a member of staff.

*ellenor.*<sup>+</sup>

## BEREAVEMENT SUPPORT

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you

[www.ellenor.org](http://www.ellenor.org)

ellenor is the operating name of Ellenor Lions Hospices a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent, DA11 7HQ.

ellenor cares for the whole family

Bereavement is something that most people experience at some time in their lives. Just as individuals are different, so we react in different ways. Initially you may feel numb and unable to take in the death of your loved one.

You may experience an 'unreal' quality to life, and be surprised that other people are going about their daily work. Grief is often painful and can give rise to feelings or symptoms you did not expect.

Many bereaved people feel exhausted physically as well as mentally and find it difficult to concentrate, eat or sleep. Others experience a burst of energy and relief and a desire to change things quickly.

You may feel sad, desperate, depressed and experience a general loss of interest in living. You may long for company or solitude, feel overwhelmed or isolated, guilty, panicky, irritable with family and friends, as well as anger towards them, doctors, nurses and to the person who has died.

You may wonder what the purpose is in going on and that no-one else could possibly understand what or how you are feeling.

It can be difficult adjusting to loss. You may find yourself trying hard to deny that the death has occurred, so it is not unusual to think that you have heard or seen them, or feel they are still around you.

These feelings are natural, normal reactions to a significant loss. These are not signs of one 'going mad' which is often how it can feel. A new bereavement can revive the grief of a previous loss, adding to the turmoil.#

Sometimes it is tempting to think life would be more bearable if you moved house or quickly disposed of the personal belongings, and we have a natural urge to avoid painful things.

It is worth considering that because our ability to make decisions may be impaired during the emotional turmoil, quick decisions can be regretted later, so careful thought needs to be given before making the big decisions.