



## Getting help

### GPs

Doctors can provide, physical check-ups and referrals to other specialists. Your health is at higher risk when grieving so a physical check up is a good idea.

### Specialised Bereavement Services

Such as psychologists, social workers, mental health nurses or psychiatrists (discuss this with your GP) who are experienced in working with loss and grief

### Support Services

NALAG Grief Support Service (02) 6882 9222

Lifeline 13 11 14

Mensline 1300 789 978

NSW Mental Health Line 1800 011 511

Kids Helpline 1800 551 800

Suicide callback service 1300 659 467

13YARN 139 276

**If you would like to talk to someone about booking a support session via face to face, online or telephone with a trained NALAG support worker please contact:**

**02 6882 9222**

**info@nalag.org.au**

**www.nalag.org.au**

**PO Box 379  
DUBBO NSW 2830**

**NALAG BRANCHES:**

**MUDGEES**

**BELLINGEN/NAMBUCCA**

**HUNTER**

**SYDNEY**

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# Coping With Grief

**www.nalag.org.au**

# I'm grieving

Grief is what we feel after the death of a loved one or big change in our life. It is a natural and normal thing to feel. It helps us think through what has happened.

Sometimes we might need help to cope with the changes in our life.

Someone who has experienced a loss can feel like being lost in a maze of conflicting emotions. This is normal following significant loss. Knowing the experience is normal may not take away the pain but will increase understanding of what is happening.

It is important to know you will recover, that it will get better. Some examples of Significant losses are:

- Death of a significant person
- Divorce/separation
- Retrenchment/unemployment/retirement
- Loss of health/amputation/organ loss
- Loss of homeland/culture/language
- Loss of a pet
- Loss of possession/burglary/car theft
- Disability/loss of independence
- Infertility
- Miscarriage/pregnancy
- Termination/stillbirth
- Adoption
- Stolen generation/loss of identity
- Losses association with caring for someone with a chronic or life threatening illness

## What does grief feel like?

During the grieving process people may experience feelings like

- Sadness
- Shame and guilt
- Loneliness
- Frustration
- Anger
- Feeling helpless
- Confusion
- Feeling stressed or anxious
- Fear
- Thinking about dying all the time
- Loss of hope and dreams for the future
- Focusing on loss opportunities
- Changes in appetite
- Changes in sleep patterns
- Headaches
- Trouble focusing, remembering or concentrating
- Not wanting to be around friends and family
- Not wanting to take care of yourself

Some people may feel other emotions/sensations – remember each person processes their grief individually. No two people have the same grief.

Grief is a process. There is no right or wrong way to grieve or a set time that it takes to adjust.

## How do I take care of myself

- Acknowledge the pain you feel is normal
- Talk to friends and family about how you're feeling or join a support group
- Eat well and get lots of sleep
- Ask for support when you need it
- Do not compare your grief to others
- Express your feelings in your own time and way
- Try not to take big risks or make life changing decisions until you are ready
- Know that you won't have all the answers
- Accept help if people are offering it
- Try to get back to a routine but don't push yourself
- If grieving the death of a loved one, remember and celebrate them when you are ready

## Don't overlook the little wins

When everything feels like it is a burden remember to celebrate the small stuff. Getting out of bed, going for a walk, cooking a meal can be huge achievements for anyone experiencing grief. If you can manage to do these small tasks give yourself a pat on the back. It's taken great courage and a lot of inner strength to get through these tasks. Over time performing these activities will get easier.