Grief is a collection of feelings and behaviours associated with loss and can be caused by the death of someone close.

Loss can be caused by such events as someone dying, loss of work, moving away, divorce or break up of a relationship/friendship.

Some ‘feelings’ associated with loss and grief are numbness, sadness, guilt, shock, anxiety, depression, anger and agitation.

Some ‘behaviours’ associated with loss and grief are crying, sleeplessness, restlessness and withdrawal.

Experiencing these feelings and behaviours are a normal part of the grieving process. The following points may help you cope with your loss:

- Maintain your daily routine of family or social activity and try not to shut yourself away
- Look after yourself by eating regularly
- Take one day at a time, it takes time to adjust. Set yourself realistic goals and try not to anticipate problems
- It may help to show your feelings. Grieving over a loss is natural
- Often people can say and do things they don’t mean when they are grieving. This is quite normal - try not to blame yourself or others
- Be careful with medication, only take pills or medicines following professional advice
- Avoid using alcohol as a way of coping. Alcohol is a depressant and could make you feel worse
- This may be a time you need to accept the support of others. If you need someone to talk to contact your GP, Health Worker, Social Services, Minister/Church Leader or a bereavement Helpline such as CRUSE 0191 276 5533 www.crusebereavementcare.org.uk

Working together to make South of Tyne and Wear healthy for you

This information can also be made available in another format or language on request.

If you require further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 283 1124 Email: healthinfo@sotw.nhs.uk

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