

Loss and Grief

Advice for carers and family



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Living Every Moment



Grief is a normal process

Grief process involves both emotional and behavioural reactions. It takes us through the initial response of shock and sadness, through to acceptance and understanding and eventually to the re building of our lives.

There are many ways in which people learn to adjust to the death of someone they cared about. Although everyone grieves differently, there are many feelings that are common experiences in the grieving process.

Some of what you might feel after the loss is:

- Disbelief or shock from the event.
- Confusion.
- Frustration and anger is common.
- Blaming others or feeling guilty for things that were done or not done when the person was alive.
- Disinterest from or disruption of normal activities and feelings.
- Feeling very vulnerable and emotional.
- Feelings of hopelessness or helplessness.

Physical Symptoms of stress may also be common such as:

- Rapid heart rate.
- Shortness of breath.
- Headaches, body aches.
- Loss or increase of appetite.

There may be changes in your behaviour such as:

- Avoiding the subject of death.
- Having poor concentration and memory is common and may be linked to disturbing thoughts centred on the loss.
- Being very aware of your surroundings due to an increased feeling of fear.
- Avoiding placing yourself in “dangerous” or vulnerable situations.

How We Can Help

Franklin Hospice has a Support Group. The group meets weekly for a short walk and a cup of tea and a chat on the journey and experienced the loss of a loved one. The members help each other. While they do usually start with a short walk, the focus is on companionship and the ability to share. The group welcome

For more details about this service, please talk to your Hospice staff member or simply turn up at the Hospice on Wednesday.

Healing Considerations

Confide in a trusted individual, tell the story of the loss

- Express feelings openly. Crying offers a release.
- Identify any unfinished business and try to come to a resolution.
- Grief support groups provide an opportunity to share grief with others who have experienced similar loss.

Some Dos and Don'ts When Dealing with Grief:

Do

- Expect a range of emotions – this is normal – and allows you to express them.
- Forgive yourself for what you did or didn't do.
- Talk to others who can share your grief – tell them what helps and what doesn't.
- Keep a journal of your feelings/write to the person who died.
- Allow yourself some alone time.
- Take care of yourself – get plenty of rest, exercise you enjoy, and eat well.
- Give yourself time – there is no set time limit on grieving.
- Carry or wear a linking object of the person who died, or create a memory area in your home.

Don't

- Try to make major life decisions too quickly; stick to a routine for a while.
- Turn to alcohol or other drugs.
- Deny your feelings or reactions.
- Isolate yourself or hide from others.

ort Group – they refer to themselves as the 'Walking Group'.
rrange regular outings. This a group of people who have been
mbers find that talking with and listening to the experiences of
walking part isn't compulsory. This isn't so much about walking
anyone who has or is experiencing a loss.

*Nurse or any
nesdays at 10.00am*



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Franklin Hospice Trust

29 Hall Street, Pukekohe, 2120
PO Box 118, Pukekohe, 2340

| | |
|-------------|---------------|
| Office | (09) 238 9376 |
| Fax | (09) 238 9323 |
| After Hours | 027 500 4833 |

contact@franklinhospice.org.nz

www.franklinhospice.org.nz

Monday to Friday 8:00am- 4:30pm

