



**BLYTHE
HOUSE
HOSPICE**

BEREAVEMENT

information and support



Grief:

The death of a family member or friend can be a devastating experience and can bring about stronger emotions than you've ever felt before. Although you may share feelings with others who have experienced loss, your grief is unique. There is no right or wrong way to grieve.

Bereavement can bring about social as well as emotional upheaval. The world with which we are familiar has changed and we may find ourselves struggling to adapt to these new circumstances.

Grieving is an inevitable consequence of bereavement and can affect people in different ways.

Grief may manifest itself in the following ways:

- Numbness and difficulty accepting that the person has died
- Yearning for the person; thinking that you have seen or heard the person or searching for them
- Difficulty eating or sleeping
- Sadness and depression
- Feeling physically low or worrying about your health
- Anxiety and restlessness
- Anger and guilt
- Loneliness
- Feeling as though you're 'going mad'
- Reduced self-confidence

Sometimes people feel they are 'getting worse' with time. This is quite common and may happen as the full impact of your loss sinks in and the initial 'busyness' subsides.

The time it takes to accept the reality of your loss and find a new sense of purpose can vary enormously from person to person. In any case life will never be the same again, so however long it takes for you be open to the support and help of family and friends is a normal amount of time for you.



What can I do to help myself?

There are a number of ways to help you support and look after yourself when coping with the death of a loved one, here is a section of support and advice:

- **Take time to feel the loss** - Build in some quiet time to do so undistracted.
- **Talk** - About what has happened, about the person who has died, about how you are feeling.
- **Allow yourself time** to sleep, rest, think, write, 'do nothing'.
- **Take care of yourself**, attempting to rest and eat well.
- **Find healthy ways to relieve stress**, for example through activity, exercise, relaxation, or prayer.
- **Let other people help** if that help is going to be a support to you.
- **Choose the company of people who care**, who let you be how you need to be and let you cry if you need to cry.
- **Allow other family members and friends**, including children, to share your grief and theirs.
- **Allow yourself to feel happy emotions**, if guilt/self-judgement creeps in, acknowledge it and be gentle with yourself.
- **Help children to express their grief** - books, games and drawings might help; remember to tell children's teachers what has happened.
- **This may be a time of major change and re-evaluation** - allow yourself time to explore these, perhaps with the help of someone you trust.
- **Take special care over life-changing decisions** such as moving house, legal or financial concerns.



Bereavement support at Blythe House Hospice

If you are finding it particularly difficult to cope with your grief, you may find it helpful to talk with a professional. Bereavement support helps you to talk through your emotions and understand the process that you're going through. It may also help you to develop strategies for coping and making the adjustment to your loss.

One to one adult bereavement counselling is available for any partner, family member, or close friend who was caring for someone known to, or being supported by Blythe House Hospice services i.e. Community Hub, Hospice at Home, and Roaming Car.

MuchLoved

A Blythe House Hospice tribute page is a free online page where family and friends can share funeral arrangements, memories, and photos, leave messages of condolence, light virtual candles to celebrate special occasions, and make donations in their memory. Sharing stories, celebrating milestones, and talking about our loved ones who are sadly no longer here gives comfort, and connection to their memory.

A tribute page is quick and simple to set up, you can add memories, photos and messages at any time, and it can be kept for years into the future as a permanent. memorial page.

To create your loved one's tribute page visit:



Find out more

For more information about the care and services provided at Blythe House Hospice, please:

- Call: 01298 875 080
- Email: bhh.referrals@nhs.net
- Visit our website: www.blythehousehospice.org.uk

In memory events

We warmly invite you to attend the in memory events hosted by Blythe House Hospice throughout the year:

- **Sunflower Memories in June**
- **Light up a Life in December**

For more information on these in memory events, visit our website.

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The logo consists of a white, stylized bow or ribbon shape centered on a dark blue background. Inside this shape, the words "BLYTHE HOUSE HOSPICE" are written in a bold, dark blue, sans-serif font, stacked in three lines.

BLYTHE HOUSE HOSPICE

www.blythehousehospice.org.uk

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