Edward's Trust

Living With Grief

Grieving is hard, but you have a right to experience it in your own way and in your own time. Don't be influenced by other people who think that you should be 'getting over it'.

Your feelings are unique to you; don't let others tell you how you should feel - perhaps your grief upsets them, but that is their problem

Talking can heal, so seek out others who will encourage you to talk

Don't be hard on yourself if sometimes you feel anger or other emotions that might be unacceptable to others. Allow yourself to experience these feelings without judgement

Look after yourself – grief is exhausting

Grief can be overwhelming at times and this is normal

If you have a faith, express it and use religious rituals to support your mourning. *Embrace the spirituality you have.*

Find your own meaning in what has happened. You do not have to agree when other people say things like 'It was for the best', and you don't have to say you're fine in order to make others feel better.

Share your memories with others

Remember that grief is a process, not an event. Be patient as you heal and avoid those who are impatient with you. Loss changes your life forever.