

Looking After Yourself Following Bereavement



Physically

Eating and sleeping may be disrupted:

- Eat as healthily as you can to help the body repair itself
- Rest if you cannot sleep – try relaxation / meditation
- If you feel exhausted ask for help from relatives / friends
- If you feel tense, try some exercise

Socially and Emotionally

People are often embarrassed by grief in another – let others know how you would like them to be.

- Express your grief – to friends or to a counsellor, or within a group
- Share your feelings
- Allow yourself space to grieve and don't be impatient with yourself
- Explore creativity in others and develop it in yourself as an expression of feeling

Spiritually

- Support may be needed
- The purpose of existence may be questioned
- Ritual, religious or not, can be helpful – such as a special place or lighting a candle
- The nature of beauty can be explored

Each person is an individual and their grief is unique.



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