



Resources

Australia Centre for Grief and Bereavement:
Ph: 1800 642 066 • www.grief.org.au

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Mensline: 1300 78 9978

Parentline: 1300 30 1300

Beyond Blue: 1300 22 4636

NALAG: National Association of Grief & Loss:
Phone: (02) 6882 9222

Obtain a Mental Health plan from your GP who
can refer you to a Counsellor.

Online Grief Support Group:

David Kessler - Tender Hearts:
davidkesslertraining.com/tenderhearts.com

Grief can be a tangled mess. It's pain, sadness
and confusion, regret, disbelief and sorrow. A
deep sense of longing. It's brain fog, and lost
motivation. It's heartache, and wishing for one
more day.

It changes everyday, be gentle on yourself.

*It is also the joy of remembering and
sharing the good times.*



Bereavement is the state of having lost a significant
other to death. Grief is the personal response to
the loss.

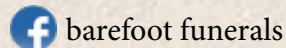
Grief plays havoc on you physically, emotionally
and spiritually. It's not your fault. You are not
failing, be kind to yourself.



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Bellingen, NSW 2454

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Available 24 hours

Email: barefootfunerals@gmail.com



For more information visit:

www.barefootfunerals.com



Coping with Grief

We often start grieving before our person dies.
This is called anticipatory grief. Anticipatory grief
is very common when we know our time is limited
with our person, so we may bargain, plead, pray, or
do some things that are not in our normal routine.
When our person does die this can come as a
shock, and we can enter into an altered space.

Please do reach out if you are not coping.

Everyone does grief differently and there is no
right or wrong way. Grief also takes as long as it
takes, again there is no timeline to grief. Mostly
society makes us believe that we should get over
our person quite quickly, and most work places
only give you three days leave. You can't even plan
the funeral that quickly. Grief can be the loneliest
place you have ever visited.

Many people don't know what to say to a grieving
person, and a lot of people are very uncomfortable
around grief. Some will use euphemisms like "oh
they are in a better place", "he/she wouldn't want
you to be sad, "chin up", or "it's time to move on".

Just know that your grief is normal.



What can I do for Myself?

- Give yourself permission to sit with the uncomfortable feelings. You may have feelings of anger, fear, guilt, sadness, shame.
- Give yourself time and space and not what work or society says is right.
- Find gentle ways to nourish yourself - having a bath, writing, music, calling a friend.
- Reach out to others, grief is not shameful.
- Grief is tiring - allow plenty of time to rest and eat good food.
- Be curious, don't run from your grief.

How to support a Friend

- Read the above.
- Reach out. Be a witness, there is nothing to fix.
- Don't try and make them look on the bright side, accept where they are and acknowledge that.
- Do not give Euphemisms, eg. "they're in a better place", "at least they are not suffering anymore" etc.
- Allow for the silence.
- Know that grief is a long journey, be there for the long haul.
- Invite them for a walk.

Types of Grief

Traumatic Grief:

This type of grief combines trauma with bereavement and often results from traumatic or sudden deaths.

Disenfranchised Grief:

Generally this is grief that seems to be judged or not acknowledged by society. For example pet loss or miscarriage.

Cumulative Grief:

This occurs when multiple losses occur over a short period of time.

Ambiguous Grief:

Grief that is hard to see. Often this relates to grief over a person that is still alive. For example; divorce, parental alienation, friendship loss.

Anticipatory Grief:

When people grieve before the death occurs. For example; Alzheimer's disease and sometimes terminal illness.

Complicated Grief:

When the painful emotions of loss take control and complicate things further. Often occurs when the relationship was not resolved or there was pain and misunderstanding.

Delayed Grief:

Grief that we cannot feel in the moment because it is not safe or we are in survival mode. This occurs in wars, domestic abuse or people who are raising children with little support.

Inconclusive Grief:

When there is nobody to grieve or unanswered questions.

Masked Grief:

When a person presents as angry or resentful, in avoidance of the grief.

Collective Grief:

When we grieve as a group, a community or a country. A perfect example is the grief caused by Covid or even 9/11.

Physical Symptoms

Do not be surprised if your body does not feel the same as before your loss.

Headache, Indigestion, aching muscles, fatigue, tiredness, your appetite might change, no longer liking the same foods.

Not all symptoms are necessarily related to grief, so if you are worried please do contact your GP.

