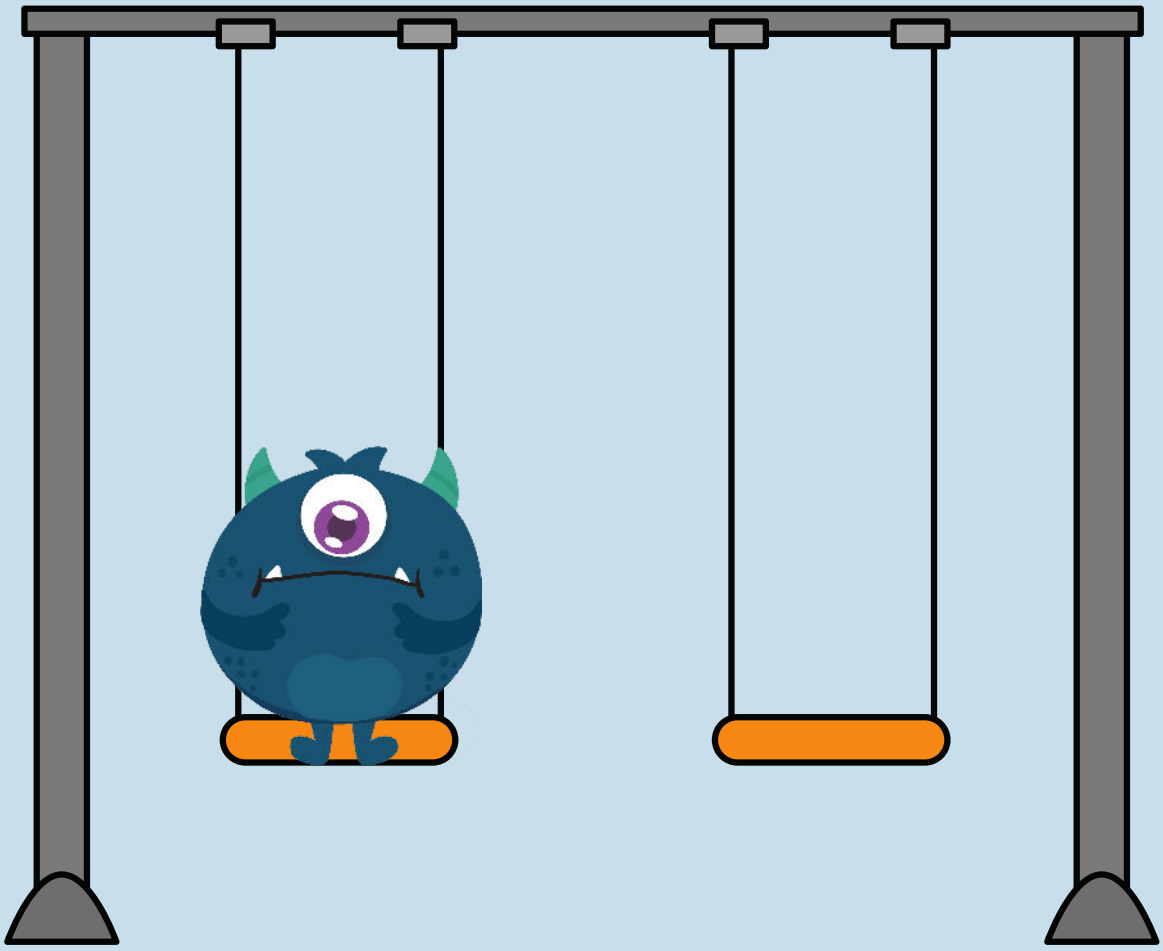
GRIEF AND LOSS

When we lose someone or something we love, it can be very upsetting.

This is called **grief.**



When we feel grief, we are said to be **grieving.**

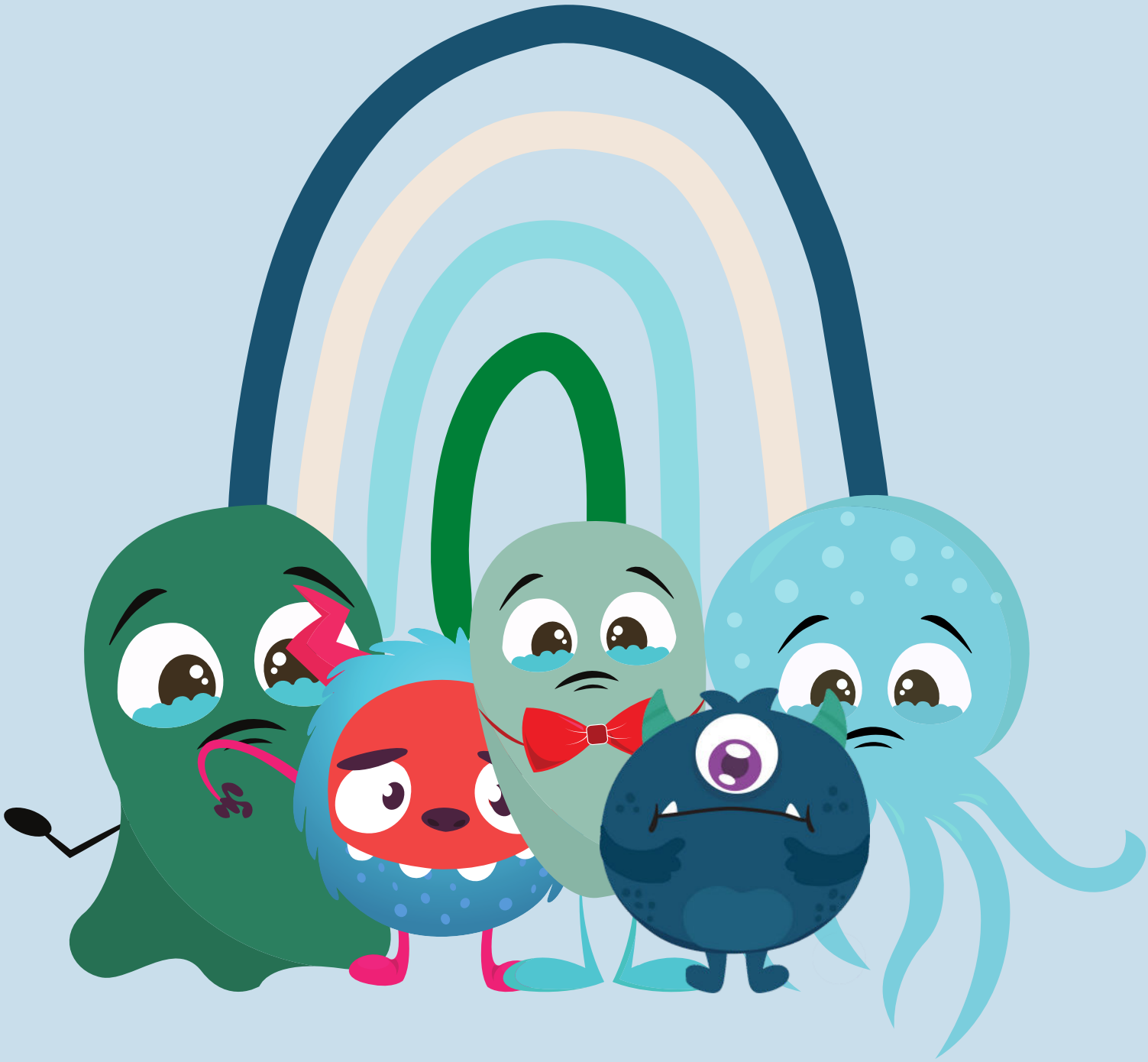
We can grieve when:

- A loved one dies
- A friend dies
- A pet dies
- We lose a friendship or relationship, for example, if a friend moves away.

Grief can be very hard to talk about.

And everyone grieves **differently.**

We can grieve whenever we lose someone or something.



And it's important to remember, that grief is **normal.**

We can grieve when someone we love dies.

When someone dies, their body stops working.

This means they can no longer come back to life, even though we may want them to.

It may feel hard to live without them.

This is **why** we grieve.

But we don't just grieve when someone dies.

We can grieve any **loss** or **change** in our lives.

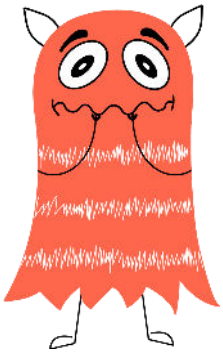
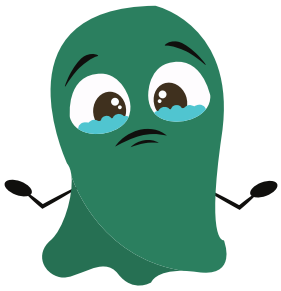
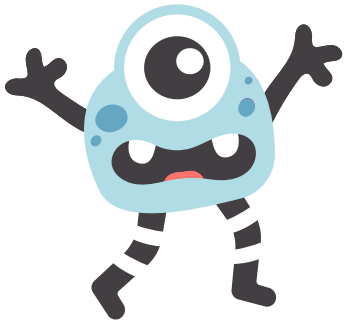
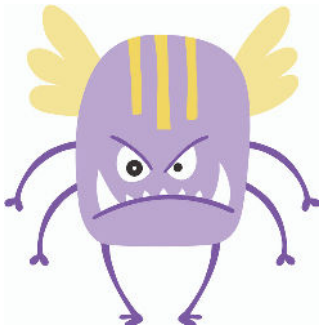
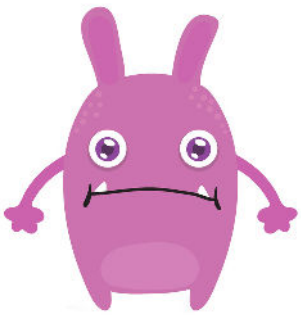
For example, if a friend moves far away. Or if a parent has to work away for a while.

Remember, grief is normal and most people will feel grief in their lives.

Even though it feels horrible.

You may feel lots of different emotions, even **all at once.**

It’s ok to feel **all** these emotions.

You may feel:		
		
Worried	Scared	Sad
		
Shock	Guilty	Angry
You may experience:		
		
Tiredness	Loneliness	Confusion

It’s important to think about all the feelings and thoughts you have when you are grieving.

And try to talk about them with someone you trust.

It’s ok to ask questions or be confused about your feelings.

It's ok to cry. But it's ok to be be happy sometimes too.

Grief is very strange like that.

Over time, grief can get easier.

And for lots of people, those big feelings can become easier to manage.

Some things we can do to help us when we are grieving are:

Talk about and share your emotions

Draw a picture or do something creative

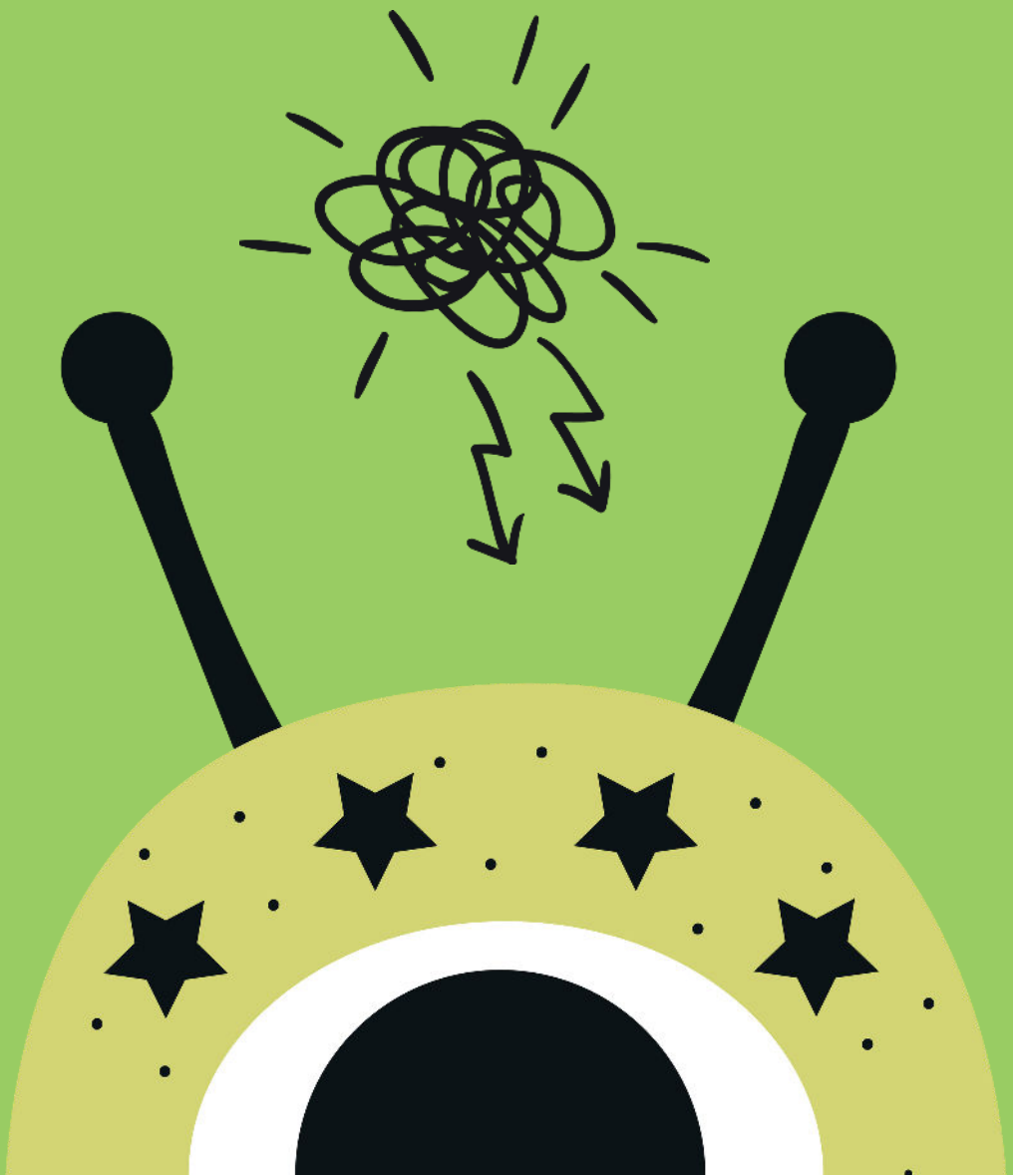
Create a memory box

Practise Mindfulness

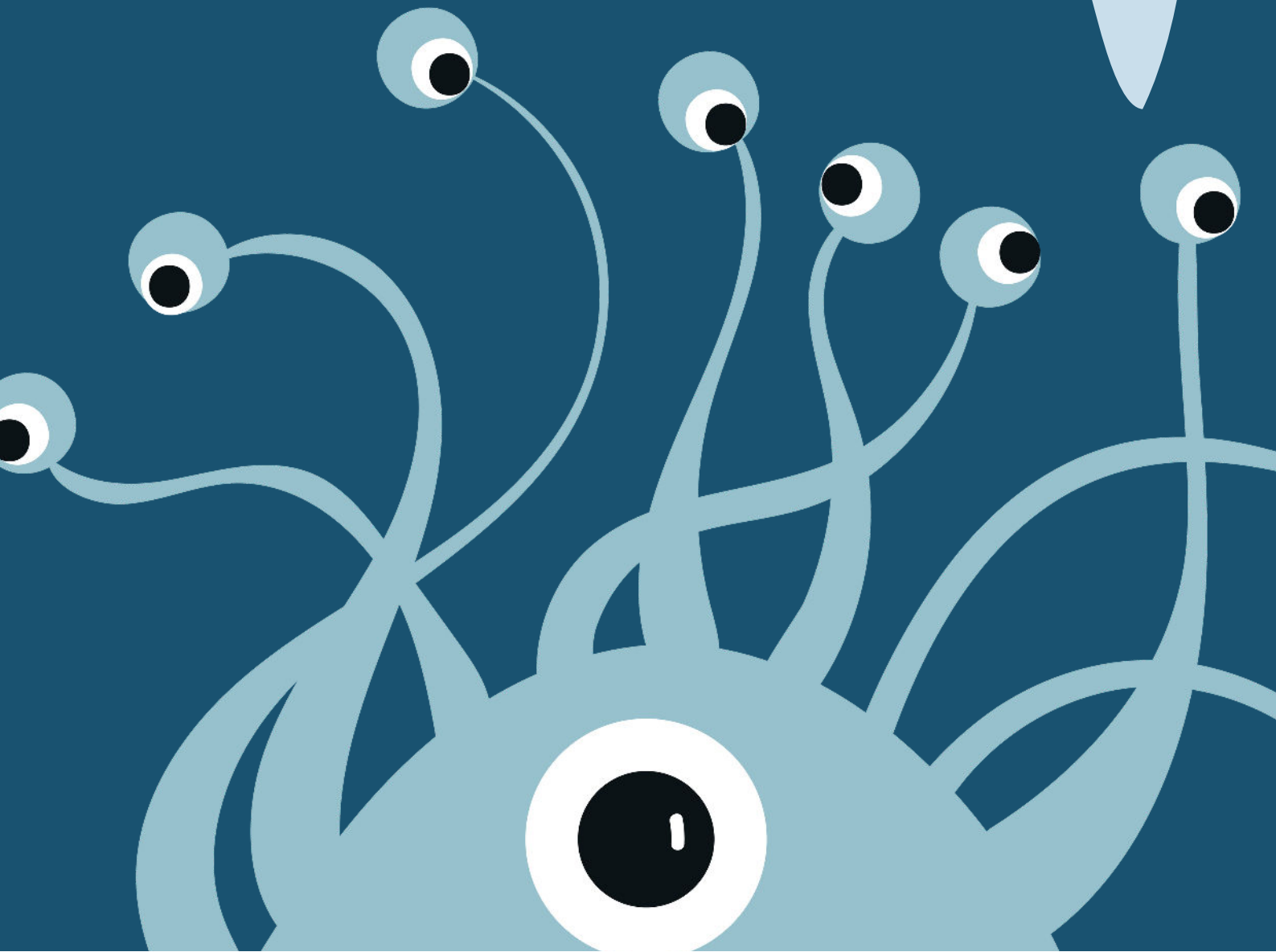
Try to be aware of your feelings

Get some fresh air

It's ok to feel your emotions or express yourself when you need to - cry, kick and scream or feel sad - all feelings are normal.



Do you have any questions about grief that you would like to ask?



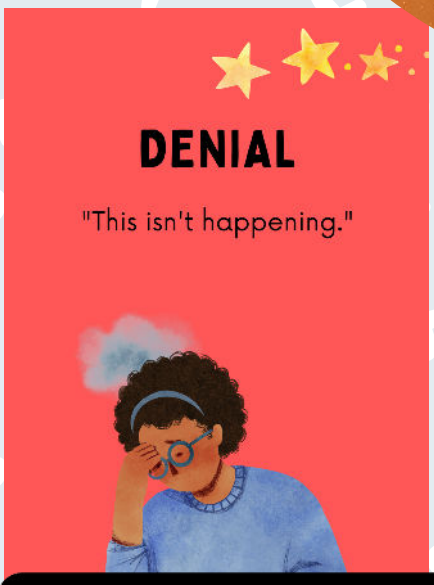
Download resources and activities to help with grief and loss from the Be Happy Hub now!

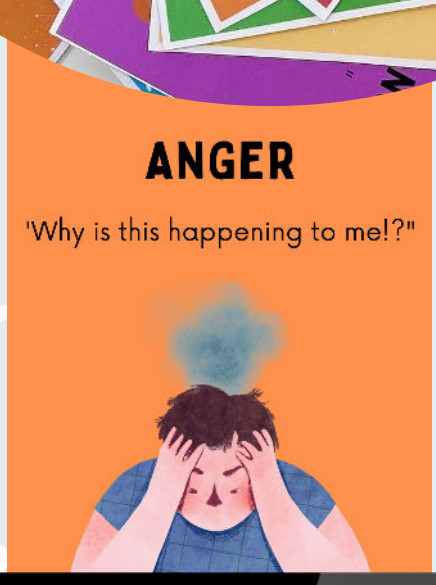
Just £1.99 a month!

Sign up: www.behappyresources.co.uk

LEARN ABOUT AND DISCUSS GRIEF

With our grief cards and resources!





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www.behappyresources.co.uk

For grown ups

QUESTIONS TO ASK:

Has this helped you?

Ask if this book has helped them understand grief, and explore anything they don't understand further.

How can grief make you feel?

Talk about the emotional impact, such as feeling sad or worried, and the physical symptoms too - feeling sick, hot etc.

How do you feel after this booklet?

It's important to assess emotions after talking about something upsetting, ask the child how they feel and what you can do to help them feel calm if they are distressed.

What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

What should you do if you are upset?

Talk to a grown up they trust.

Document reviewed by Dr Mairead Hughes, June 2022. Next review date June 2024.

For grown ups

TIPS FOR TALKING ABOUT DEATH

Use simple, clear words

It's ok to use words like 'death' or 'died,' don't opt for softer words like 'passed on' as this can be confusing. Research shows that using realistic words helps the grieving process.

Be comfortable saying 'I don't know.'

You don't have to have all the answers. Being honest is better than making something up.

Avoid the phrase ' gone to sleep.'

Avoid saying that someone 'has gone to sleep,' as this can make children fear going to sleep at night.

Be honest with your own feelings

We don't like our children to see us upset, but if you are grieving too, let your child know what you are feeling and share discussions about your emotions regularly. It will help them to become more aware of their own feelings.

Let them know there's help available

Let them know there is always an avenue for help if they are struggling - whether it's with you or a professional.

Document reviewed by Dr Mairead Hughes, June 2022. Next review date June 2024.