

Bereavement

Grief

Loss

Bereavement 2 pages

Here to help...



Bereavement

Loss comes to us in many and varied ways and is never easy to come to terms with. However it is the loss of a beloved person that can leave us feeling lost ourselves, bereft, empty, and devastated. So often words simply fail to express our feelings and we struggle to make sense of the great mix of emotions that overwhelm us.

It is important to acknowledge the sheer inadequacy of words and to realise that we share this with countless people who are enduring similar emotions. Many people feel inadequate when being with someone who is bereaved, yet what is needed is not words but quiet support – helping us to live through the trauma.

It is okay to admit to yourself that you are feeling sad, lonely, lost. But it is also important to allow yourself to express other emotions that you may find it difficult to admit even to yourself, let alone others: anger at the world, at the loved one for leaving you behind and alone; depression and listlessness; lack of motivation; perhaps regret and feelings of guilt.

At the same time we may long for comfort, for reassurance, for sharing our feelings with those we are close too. We may discover that others have been through bereavement and can empathise with what we are going through. If it is not possible to share in this way with a family member or friend then don't be frightened to ask for help through your GP or bereavement service. especially around the time of a funeral.

The death of a loved one may make us ask lots of questions about the meaning of death, and about why our loved one has had to go through pain and suffering. These are not questions that can be answered with platitudes or glib words. Death is part of our journey through life and each person will seek their own very personal ways of reflecting on these matters, but it can help to have companion(s) on the way. It can be helpful to share our more negative reactions as part of our bereavement journey.

Spiritual or religious belief can be a source of inner strength and bring comfort but it doesn't prevent the very natural feelings that accompany bereavement. Ultimately as we travel through the various stages of grief (and it is different for each person) we may come to a point when we feel that we are coming to terms with the loss, looking back to the times before our bereavement with sadness but also remembering what was good about the relationship.



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