

Pamphlets Available in
This Series

Understanding ...

Anger
Conflict
Decision-Making
Depression
Disaster
Loneliness and Friendship
Stress
Self-Esteem

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Community Health Information Centre
Community & Public Health
(A Division of the Canterbury District Health Board)

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Grief

This is a difficult time for most of us; an experience which other people even those close to you - may not understand.

You May Feel ...

- * shocked
- * numb
- * angry and resentful
- * relieved
- * sad, miserable and hopeless
- * guilty
- * regretful
- * anxious, restless and irritable
- * panicky
- * tired, exhausted, disorganised
- * remote from people - the experience is unreal

You May ...

- * experience physical discomfort in your throat or stomach; headaches; shortness of breath
- * lack concentration
- * find it hard to sleep or eat
- * be preoccupied with thoughts about the person who died
- * imagine the person is still with you
- * feel confused and frightened
- * disbelieve the reports and be unable to accept what has happened

These feelings may be intense and vary from person to person

Any of these symptoms often recur unexpectedly but in time the episodes become further apart

You Have the Right To ...

- * allow yourself time to grieve
- * talk about the person you have lost
- * keep in touch with family and friends
- * don't make hasty decisions especially major ones like moving house
- * go at your own pace
- * you may find emotional release by crying, talking and occasionally laughing

These are some things you can do for yourself

You May Wish to Discuss It With

- * family and friends
- * a minister of religion
- * a doctor
- * a counsellor

For further assistance phone the Citizens Advice Bureau on (03) 3666490. Also see the Personal Help Services section in the front of the phone book.