

Remember the bad days may come and go and there can be many low points, especially around the six weeks, 4–6 months, 12 months and two year points. Be gentle with yourself at these times.

When to seek help

- You do not have people who can listen to you and care for you.
- You find yourself unable to manage the tasks of your daily life, such as going to work or caring for your children.
- Your personal relationships are being seriously affected.
- You have persistent thoughts of harm to yourself or anyone else.
- You persistently over-use alcohol or other drugs.
- You experience panic attacks or other serious anxiety or depression.
- You remain preoccupied and acutely distressed by your grief.
- You feel that for whatever reason, you need help to get through this experience.

For many people, talking about the death helps too. In the days and weeks after, if you want to cry, talk, or just have silent thoughts about the one you love, do so. Don't be embarrassed. It is all right. It is a normal response to grief.

Where to seek help

Lots of people, books, websites, and resources are able to help with information on grief and loss.

- Your general practitioner may be able to provide support or refer you to someone specialised to help.
- Counsellors or psychotherapists in private practice.
- Social service agencies such as Methodist Social Services, ACROSS, or Te Aroha Noa.
- Maori Health organisations such as Te Rūnanga O Raukawa and Whakapai Hauora.
- The Bereavement Support Team at Arohanui Hospice.
- Workplace Support, Ministers of religion.
- The following websites have helpful information:
 - www.skylight.org.nz
 - www.mygriefassist.com
 - www.grief.org.au

A comprehensive list of all those who provide bereavement support in MidCentral's district is available on www.midcentraldhb.govt.nz

Te Whatu Ora
Health New Zealand



What is grief? Is this normal?

If somebody close to you has died, life has changed for you. Grief may bring strong, unexpected and sometimes painful feelings. Grief is a normal process.

Grief can be felt in many different ways. The range of possible grief reactions is very wide. It is normal that reactions can be strong and intense and experienced in different ways.

Taha wairua (Spiritual health)

- Numbness and shock.
- Disoriented – bewildered.
- Love.
- Sadness.
- Longing for the person who died.
- Fearful, anxious or worried.
- Tearful.
- Gratitude.
- Irritable or angry.
- Let down.
- Relief that suffering is over.
- Guilt.
- Wanting to ask lots of questions.

Taha tinana (Physical health)

- Exhausted.
- Fidgety.
- Tight chest, shortness of breath.
- Mood changes.
- Panic.
- Heart beating fast.
- Appetite changes.
- Changes in sleep pattern.

Taha hinengaro (Mental health)

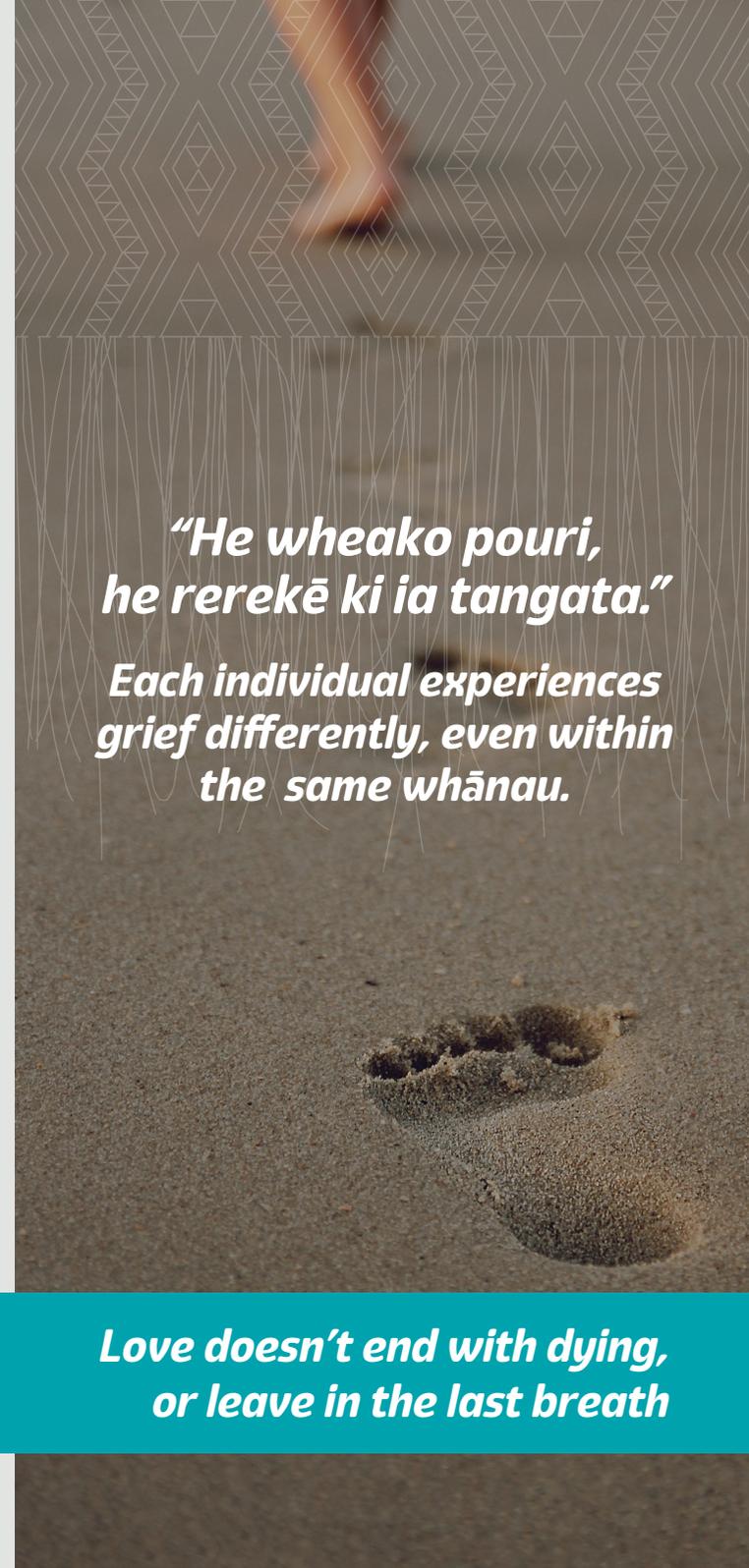
- Slowed thinking or processing.
- Disbelief or denial that the person has gone.
- Confusion.
- Difficulty concentrating on things and making decisions.
- Difficulty imagining a positive future
- Perceiving things differently.

Taha whānau (Family health)

- Wanting to talk or avoiding conversations.
- Feeling the urge to spend more time with others or craving more alone time.
- Feeling sensitive to what others are thinking or saying.
- Avoiding physical touch or wanting more
- Being unsure what to do with important dates, anniversaries, holidays etc.

Things that may help

- Finding connections with helpful family, whānau and friends.
- Take good care of yourself – eating regularly, getting good sleep and light exercise will help.
- Acknowledge that each individual experiences grief differently, even within the same whānau.
- Children also grieve and need support.
- Some people express emotion by doing something creative.



***“He wheako pouri,
he rerekē ki ia tangata.”***

***Each individual experiences
grief differently, even within
the same whānau.***

***Love doesn't end with dying,
or leave in the last breath***