

Know more about grief

Grief is different for everyone

"Loved ones who are physically absent are often kept psychologically present" (Boss, 2005)

You can hold loved ones near, while also taking care of yourself.

When we are grieving, we may:

- Experience painful emotions due to loss, such as; anxiety, depression, numbness, helplessness or hopelessness
- Want to hold on to grief but also want it to go away
- Experience feelings of guilt
- Have intrusive thoughts (Horowitz et. al., 2003)
- Lose interest in activities that we once enjoyed
- Not be able to make sense of what is happening
- Feel better on a certain day but then fall back into grief again on another day, and it can be confusing.

Be very cautious who you take advice from, we are all amateurs at grief (Delaney, 2014)

Strategies that might help (APS, 2013):

- Think about what has helped you cope in the past and what you can do to stay well
- Try to take time to eat, rest and relax, even for short periods
- Check in with you friends to see how they are doing and have them check in with you – find ways to support each other
- Talk with friends, loved ones or other people you trust for support
- Minimise your intake of alcohol, caffeine or nicotine and avoid non-prescription drugs
- Seek support from professionals if you are struggling to cope.

We know from people who have connected with PEACE that talking about grief can help.

PEACE Multicultural Services | (08) 8245 8110 | askpeace@rasa.org.au | 9am – 5pm, Monday – Friday

References:

1. Aware. (2014a, June 20). Good grief; coping with loss – Dr. Susan Delaney. YouTube. <https://www.youtube.com/watch?v=TxSd8f2Utpk>
2. Boss, Pauline (2005). Loss, Trauma and Resilience: Therapeutic work with ambiguous loss. W.W. Norton & Co., NY.
3. Horowitz, M.J., Siegal, B., Bonanno, G.A., Milbrath, C., & Stinson, C.H. (01 July, 2003). Psychiatry Online. <https://doi.org/10.1176/Foc.1.3.290>.
4. Psychological First Aid: A guide to supporting people affected by disaster/APS. (2013). <https://www.psychology.org.au/for-the-public/Psychology-topics/Disasters/Recovering-from-disasters/Psychological-first-aid-supporting-people-disaster>