

How to Help to a Grieving Person?

- Be compassionate.
- Provide a secure and warm atmosphere, encourage the bereaved to express and share his/her emotions, and be a good listener.
- Explain that the stress he/she is going through is completely normal.
- Encourage him/her to get professional psychological support, if needed.
- Being around a bereaved person can also be overwhelming, even if you have never met the deceased person. It may trigger your own personal painful memories. Therefore, do not forget to take care of yourself too and seek professional psychological help if needed.

There is no magic way to make the pain go away and bring life back to normal.

You need to find a way to adjust your life accordingly and come to terms with it.

We are here to listen and help you to deal with the pain in a healthy manner.

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BEREAVEMENT & GRIEF



It can happen to any of us!



Ask for help!

You may never forget about it...
You just learn how to live with it.

When a Loved One Dies

Your loss is unique to you. Bereavement is a highly personal experience and each person copes with it in his/her own way. There is no 'normal' or 'right-wrong' way of coping with the death of a loved person. Grief affects you emotionally, physically and mentally. Death, expected or unexpected, is one of the most unbearable experience one can go through.

Examples of Initial Reactions

Denial... It is too difficult to believe that someone close to you is gone and will never come back. Many people refuse to believe that in the beginning.

Numbness... Because of the shock, it may seem like you 'do not feel anything' as if you have neither negative nor positive emotions.

Anger & Rebellion... Death can seem unfair. People very often find it cruel and start questioning 'why'. Anger and rebellion are experienced very frequently, especially when the deceased is a young individual with so many dreams to live for.

Enormous pain... This can be both physical and psychological and you may think it will stay with you forever.

Guilt... The 'if only' scenarios are numerous. You may start blaming yourself for the things you have (or have not) said or done. Guilt is very frequently experienced by individuals bereaved by suicide. It is important to remember that we can't always foresee things and we always have our own good reasons to act in a certain way.

Depressed mood... You are so sad and hopeless. Everything seems meaningless and you feel there is nothing worth living for in your life.

Mood swings... These can seem very frightening but they are normal in the beginning. You may switch from feeling sad to angry, or, all of a sudden you may find yourself crying your eyes out.

Longing... You may find yourself thinking about the events leading up to the death over and over again. Hearing the voice of the deceased or seeing his/her image are also common.

How to Cope?

Grieving is such an individual process and so are the coping strategies. Age, personality characteristics, educational level, lifestyle and socio-cultural background are some of the factors that change one person's experience from another.

Coping Strategies

- * Talk to someone about your loss, the deceased, and your special memories with him/her. Not everyone will understand but many will... Besides, if people know what you are going through, they are more likely to understand why you act differently and it might help you feel more understood and accepted.
- * Talk to people who have already been bereaved and gone through similar experiences. You may learn a lot from them.
- * Cry... It is healthy and a very important part of the grieving process.
- * Write, read, paint, take photos... do anything that calms you down.
- * Keep the deceased's memory alive with a photo album.
- * Keep a collection of the deceased's personal possessions.
- * Do something that commemorates the deceased such as helping a needy person, dedicating something for the deceased or just cooking his favorite meal while watching his favorite movie.
- * Don't give yourself a time limit. It would stress you even more. When it comes to grieving it is impossible to say how long it will take. There is no magic pill for grief and everyone grieves for different lengths of time.
- * Some people find peace in religious or cultural activities, some prefer to evoke their memories in more personal ways, and some just do nothing at all except try to get on with day-to-day activities. All of these coping strategies are fine.
- * Be flexible for the feelings to come and go in circles and allow yourself to have fun and laugh. This does not mean that you have forgotten the person who has died. It is just a sign that life goes on and things get easier with time.