

If you are struggling, Cruse is here to help and support you

Cruse Bereavement Care offers support, advice and information to children, young people and adults when someone dies.

During the current pandemic our trained volunteers are continuing to offer support over the telephone and internet.

Call 0808 808 1677

Call the Cruse Freephone Helpline to talk to one of our trained bereavement volunteers. They can offer you emotional support, and talk through different options for further help.

Visit www.cruse.org.uk

You can chat with one of our trained supporters, and we have lots of information and leaflets to download. Our section on coronavirus includes:

- Grieving in isolation
- Grief and trauma
- What to say to someone bereaved
- Covid-19, children and young people
- Funerals and memorials
- Anger and blame

For information on children and grief visit www.cruse.org.uk/children



www.cruse.org.uk

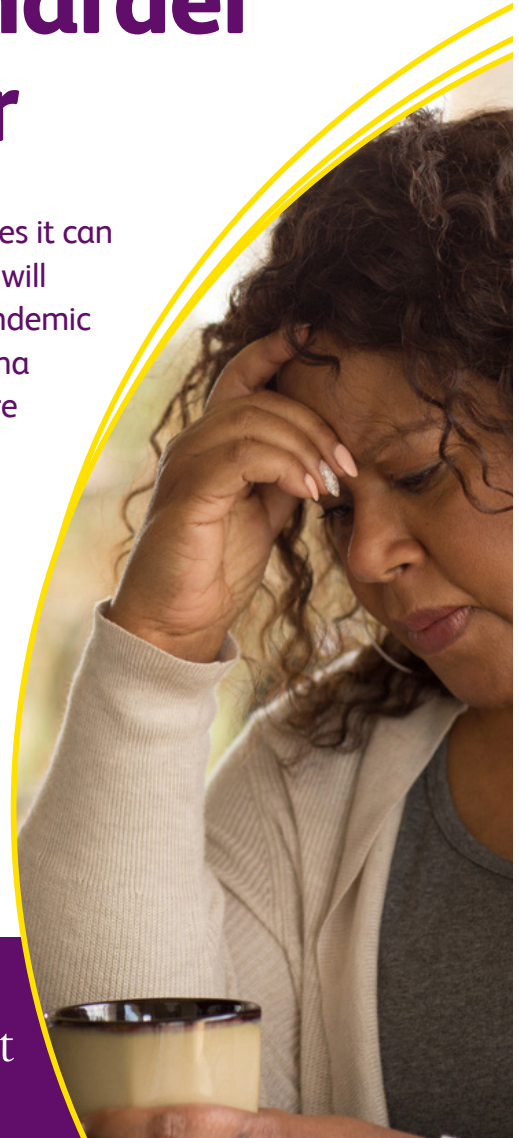
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Royal Patron: Her Majesty The Queen

Grief is always painful, and right now it's harder than ever

When someone close to us dies it can be the most painful thing we will ever experience. During a pandemic we are also coping with trauma and shock, and many of us are not able to say goodbye the way we would want to. This can be made worse by grieving in isolation.

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Understanding bereavement

We are so sorry if you are reading this leaflet because someone close to you has died. This leaflet is intended to explain some of what you may be feeling and how you can make things a little easier for yourself. You can also find details of what Cruse can do to help.

Everyone experiences grief differently and there are no set stages or phases of grief. But some feelings are very common.

- In the early days you may feel shocked, or you may feel nothing at all.
- You may experience waves of intense pain or mood swings.
- It's common to find yourself going over and over events. It's normal to see the person, feel their presence or talk to them.
- You may feel guilty about things which happened before the death, or about how you feel.
- You may feel very angry with yourself or others, or with the person who has died.
- You may have trouble sleeping or need more sleep than usual. You may feel sick or panicky.
- As time goes on you may have strong feelings of longing and sadness, and sometimes hopelessness or fear about the future.

Over time feelings usually become less intense, but you can't predict when it will happen, or force it to come sooner. After a traumatic death it may take even longer to start coping with normal life whilst still remembering those who have died – but those times will come.

"Everyone experiences grief differently, and there is no timeline for grief."

It's important to try and look after yourself when you are bereaved. It is more challenging at the moment, but there are still some things you can do to make it just a little easier.



Talk to someone

Talking can be really helpful, even if it is over the phone, internet or social media. Often family or friends can help. You might also be able to talk to someone in your community, or to a faith or spiritual leader. Talk to your GP if your health is suffering.



Exercise

Even a short walk to get some fresh air can help. Or try and do something around the house to keep moving.



Look after yourself

Take one day at a time and give yourself permission to grieve. Don't feel guilty or weak if you're struggling to cope, or need help.



Diet and sleep

It's easier said than done, but try to eat properly and get enough rest (even if you can't sleep).



Routine

Sometimes it helps to develop or stick to a routine of eating, sleeping and connecting with others.

Cruse can help

If you are finding things tough, Cruse is here for you. Contact us for support.

Our Freephone helpline number

 **0808 808 1677**