

Coping with Grief

The emotions you feel after losing someone important can leave us with the same anxiety, loneliness, anger or depression associated with many mental health problems.

Christmas can be a painful time whether it's your first year without someone, or you were bereaved long ago. It may help to spend some time working out which arrangements will best suit your needs and the needs of others who share your loss.

Different Ways of Mourning

We know that people remember and mourn in different ways. Conflict within a family can sometimes arise when we have expectations of how others should grieve, so try to be sensitive to others' needs, and to talk openly about what will be best for you.



Whether to celebrate

Some bereaved people find that they do not wish to celebrate Christmas at all, whilst some find that simply maintaining their routine and celebrating as normal is the best tribute they can pay their loved one.

It may feel important to make a special effort to remember the person who has died. This can be as simple as 'speaking' to the person, silently or out loud, or it may involve visiting their grave, or a place that was special to them.

These can be things that we do alone, or with friends or family. You may have photos or particular memories which you treasure; sharing these with others may be something that brings you together.



Routine and self-care

The Christmas period may mean that your normal routine is disrupted, and this can make it easier to forget to look after yourself. Trying to keep to regular patterns of sleeping and eating can make a difference. It's also important to remember that using alcohol to escape the pain of loss provides only very temporary relief.



Information provided by Cruse Bereavement Care. For further support, visit www.cruse.org.uk

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