

## Where to Find Additional Support

### Speak to Your Doctor

Your doctor can provide physical check-ups and referrals to other specialists. Your health is at higher risk when grieving so a physical check-up is a good idea.

### Specialised Bereavement Services

Mental Health professionals such as psychologists, social workers, mental health nurses or psychiatrists (discuss this with your GP) who are experienced in working with loss and grief, can provide invaluable support and ongoing mental health care.

### Other Support Services

Lifeline - 13 11 14

Mensline - 1300 789 978

QLD Mental Health Line - 1300 642 255

Kids Helpline - 1800 551 800

Suicide Callback Service - 1300 659 467

13YARN - 139 276



It is normal and natural to experience grief when someone you love passes away. Take the time to be kind to yourself and allow the space and time that you need to grieve in a healthy way.

If you feel that your grief is overwhelming, or becoming a concern to your overall health, we encourage you to access any of the additional support listed within this brochure.

**Reach out for more information**

**1300 043 522**

[mccartneyfunerals.com.au](http://mccartneyfunerals.com.au)  
[family@mccartneyfunerals.com.au](mailto:family@mccartneyfunerals.com.au)

**MCCARTNEY FAMILY FUNERALS**

Cleveland | Wynnum | Beenleigh | Underwood

McCartney Family Funerals acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians. We recognise their cultures, histories and diversity and their deep connection to the lands, waters and seas, in which we serve our families. We pay our respects to their

Elders past, present and emerging.

**MCCARTNEY FAMILY FUNERALS**

## Coping With Grief

Grief is a natural and normal emotion to experience when someone you love passes away.

Every person copes with grief differently.



## Why Do We Grieve?

Grief is what we feel after the death of a loved one or big change in our life. It is a natural and normal thing to feel. It helps us to reflect and process the loss and the change to our lives.

Grief can become overwhelming at times, and we might need additional support to cope with the changes in our life.

Experiencing loss can feel like being trapped in a maze of conflicting emotions. This reaction is normal after a significant loss. While understanding that these feelings are typical may not alleviate the pain, it can help you make sense of what you're going through.

It is important to know you will recover, that it will get better.

Some examples of Significant losses are:

- Death of a significant person
- Divorce/separation
- Retrenchment/unemployment/retirement
- Loss of health/amputation/organ loss
- Loss of homeland/culture/language
- Loss of a pet
- Loss of possession/burglary/car theft
- Disability
- Loss of independence
- Infertility
- Miscarriage/pregnancy
- Termination/stillbirth
- Adoption
- Stolen generation/loss of identity
- Losses association with caring for someone with a chronic or life-threatening illness

## What does grief feel like?

During the grieving process people may experience feelings like:

- Sadness
- Shame and guilt
- Loneliness
- Frustration
- Anger
- Feeling helpless
- Confusion
- Feeling stressed or anxious
- Fear
- Thinking about dying all the time
- Loss of hope and dreams for the future
- Focusing on lost opportunities
- Changes in appetite
- Changes in sleep patterns
- Headaches
- Trouble focusing, remembering or concentrating
- Not wanting to be around friends and family
- Not wanting to take care of yourself

Some people may feel other emotions or sensations – remember each person processes their grief individually. No two people have the same grief or the same grief journey.

Grief is a process. There is no right or wrong way to grieve or a set time that it takes to adjust. Give yourself the time and space you need to grieve in a healthy way.

## How do I take care of myself?

- Acknowledge the pain you feel is normal
- Talk to friends and family about how you're feeling or join a support group
- Eat well and get lots of sleep
- Ask for support when you need it
- Do not compare your grief to others
- Express your feelings in your own time and way
- Try not to take big risks or make life changing decisions until you are ready
- Know that you won't have all the answers Accept help if people are offering it
- Try to get back to a routine but don't push yourself
- If grieving the death of a loved one, remember and celebrate them when you are ready

## Celebrate Small Wins

When everything feels like it is a burden remember to celebrate the small stuff. Getting out of bed, going for a walk, cooking a meal can be huge achievements for anyone experiencing grief. If you can manage to do these small tasks give yourself a pat on the back. It's taken great courage and a lot of inner strength to get through these tasks. Over time performing these activities will get easier.

Most importantly, you should remember that you will be ok.