



Coping with Grief and Loss

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ask for
“MAYDAY”

Grieving is a healthy and natural healing process. It is not a sign of weakness.
For most people, grieving follows a pattern, which proceeds through a series of stages.

The best way to confront loss is to recognise it, understand the feelings and reactions you experience,
and get support during the grieving process.

STAGES OF THE GRIEVING PROCESS

Denial

- * Disbelief
- * Numbness
- * Shock

Anger and Guilt

- * Anger, sometimes misdirected
- * Guilt, sometimes misdirected

Sadness and Despair

- * Sadness
- * Loneliness
- * Tearfulness
- * Depression
- * Reminders that bring new waves of grief

Acceptance and Hope

- * Acceptance of your loss
- * Adjustment to changes

Aftermath

- * Gradual lessening of feelings of grief

TIPS FOR COPING WITH GRIEF

- * **Take your time.** Don't judge or measure your reactions by those of others.
- * **Talk, share your feelings** and the meaning this loss has for you.
- * **Pay attention to your body's needs.** Exercise (according to your doctor's recommendations) and balanced nutrition are essential.
- * **Surround yourself with friends and family** who love and support you. Avoid isolating.
- * **Tears may come unexpectedly** and at times when you thought you were finished grieving. Be patient with yourself. Their intensity and frequency should diminish with time.
- * **Allow yourself time to grieve** as well as giving yourself breaks from the grieving process.
- * **If you follow a religious faith,** this can be a time for prayer and quiet meditation. Seek out your faith mentors.
- * **Avoid alcohol** and other mind-altering substances.
- * **Learn to be sensitive and flexible** with your new needs and lifestyle.
- * **Seek professional help** if necessary.