# Exploring Bereavement

This workshop provides an introduction to grief & bereavement and explores how we can support ourselves and others during such challenging experiences.

These slides are for those who signed up but were unable to attend the session – please ensure you seek support for your own situation if needed

*Due to the sensitive nature of this session, we recommend that you identify a person you can reach out to for support if needed after this session. Please also make sure you are aware of the support services available*

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## Housekeeping

- Being respectful of each other and different points of view and experiences
- Maintaining confidentiality of anything we hear from others
- No audio or visual recording
- Only sharing stories we have permission to share
- Key slides are being sent out afterwards

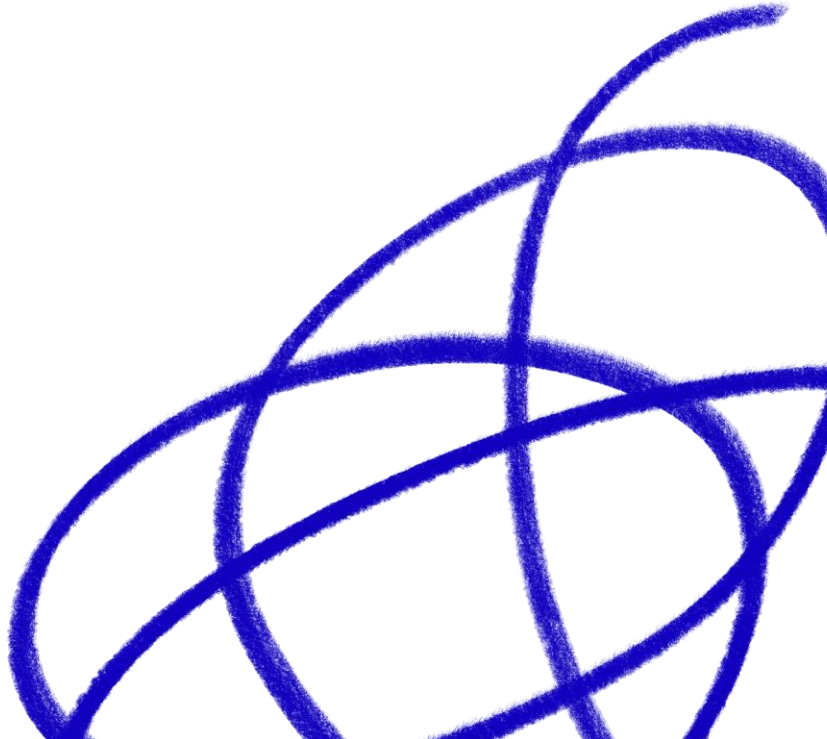
- **Taking time out if you need to/Keeping yourself safe**
  - *This is a difficult topic and we are only looking at some fundamental aspects here*
  - *Nothing in this training replaces advice or guidance from a trained medical professional*
  - *Please ensure you seek appropriate support for your own circumstances*

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# We are Solent Mind

We’re here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.



# Support for you

## NHS Talking Therapies

NHS services designed to offer short-term psychological therapies.

You can refer yourself without seeing your GP, simply visit the link below to find details of your local service.

Find details of your local service online

## Little lifts

Free mental health resources by Solent Mind; designed to help boost wellbeing



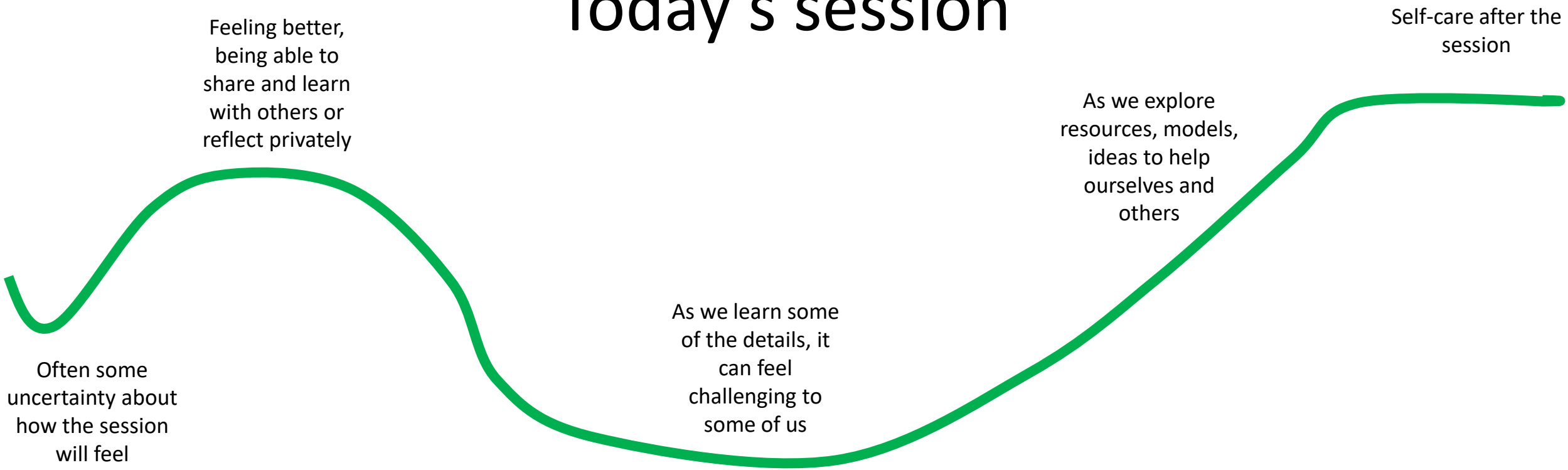




Little Lifts – free mental health resources by Solent Mind's Workplace Wellbeing Training team

NHS 111 – call 111 and select the ‘mental health’ option for crisis support

# Today’s session





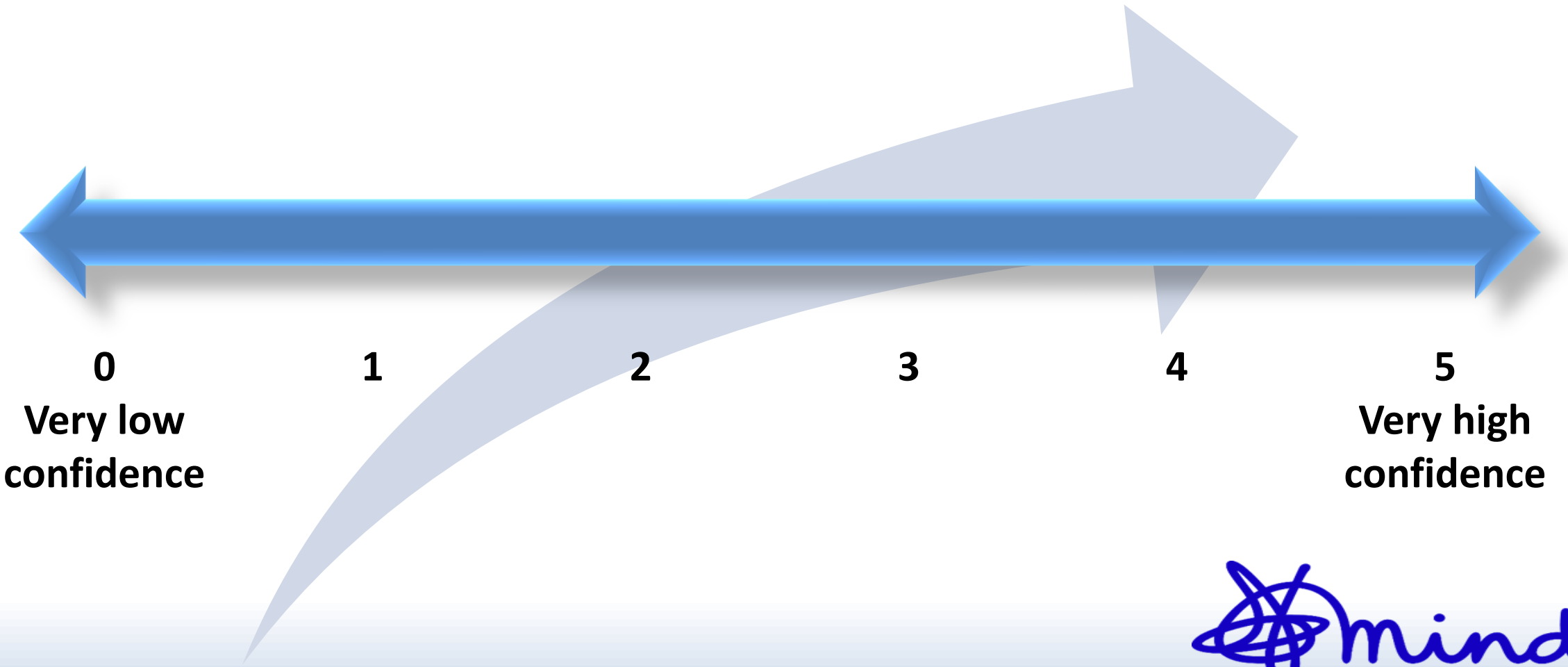

# If you find anything today makes you feel you need additional support:

- Support within your organisation
- GP
- Samaritans.org (call 116 123)
- Cruse Bereavement Support: https://www.cruse.org.uk/
- National Bereavement service: https://thenbs.org/

- What else are you aware of that you could share?
- (Additional signposting at end of slides)

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# Checking in




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“We’ve found that people are very keen to talk about death, grief and remembering their loved ones. It’s just about finding the right spaces to allow them to get through their initial sense of discomfort around the topic.”

*Dr Laura King & Ellie Harrison*
*‘Discussing death and dying: taboo or not taboo?’*
*Leeds University*

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# Euphemisms

Resting in peace

In a better place

Passed away

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# Why do we use Euphemisms?

For protection

To avoid being rude or offensive

To avoid discomfort

To offer spiritual comfort

Denial

Our own painful grief feelings






From ‘Leeds International Festival’

*“Why are we so bad at talking about grief”*

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# What are potential benefits of knowing words & definitions?

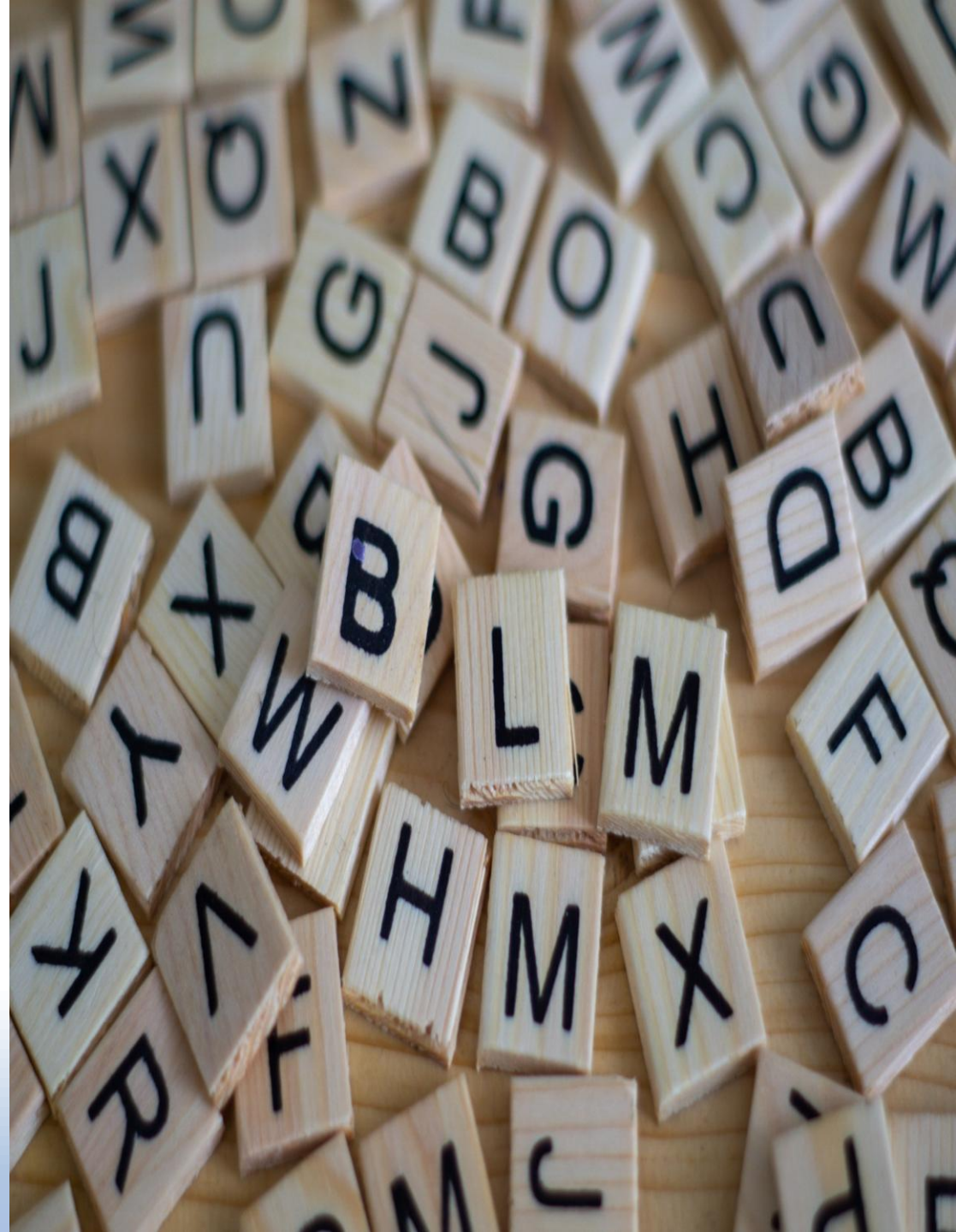
- It gives people words for what they're experiencing
- It separates what someone feels from what they show
- It builds confidence to talk about death directly
- It helps people know when to seek more support
- It makes signposting easier
- It creates a shared language in the room



# Definitions

**What is the difference between:**

- Bereavement
- Grief
- Mourning



# Definitions

- **Bereavement** is the death of someone
- **Grief** is what we feel
- **Mourning** is the physical expression of grief

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# Definition - Bereavement

- The word 'bereavement' is used to describe the period of grief and mourning we go through after someone close to us dies.

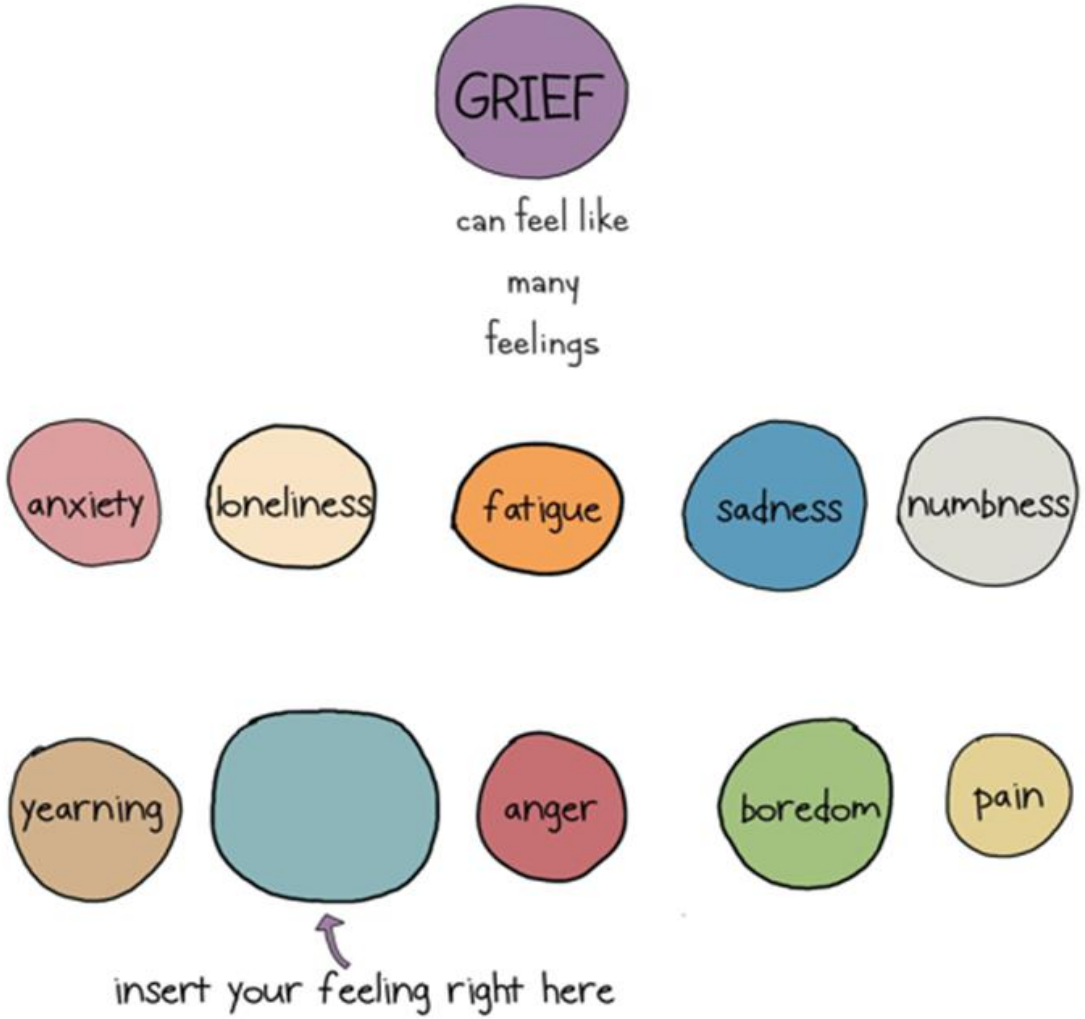
- During bereavement, it is important to find ways to mourn our loss and express our grief.

- The bereavement period can be a confusing time involving a lot of very powerful emotions. These emotions can grow, fade and shift as we move across the different stages of bereavement. Not everyone experiences the same stages of bereavement at the same time or in the same order.

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# Grief is a natural process

It does not necessarily require professional intervention




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# Types of grief and different kinds of loss

- **Anticipatory grief**
- **Expected death**
- **Unexpected death (sudden or traumatic)**

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# Signs & Symptoms – Possible Grief Reactions

**Behavioural**

- Withdraw, regress or become clingy
- Behavioural problems
- Risk-taking behaviour or cause harm to themselves
- Poor punctuality or absence
- Difficulties with concentration and learning
- Be preoccupied or become forgetful
- Hit out

**Physical**

- Sweating, butterflies, constricted throat
- Sensation of a weight on shoulders, neck and head
- Exhaustion, aches and pains
- Affected appetite, sleep, bladder or bowel control
- Decreased resistance to illness
- Experiencing symptoms similar to those of the person who died

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# Signs & Symptoms – Possible Grief Reactions

**Thoughts**

- “People I care about are going to die”
- “Why did they leave me?”
- “It’s not fair”
- “The world is not a safe place”
- Change in outlook

**Feelings**

- Mood swings, nightmares
- Become fearful of the dark
- Feel lonely/abandoned, anxious, sad, guilty, angry, relieved, numb, overwhelmed, bitter, confused, heartache, happy memories



# Grief models - 5 Stages of Grief - Kübler-Ross Model

- The stages have evolved since their introduction.
- “They were never meant to help tuck messy emotions into neat packages.”
- “There is no typical response to loss, as there is no typical loss.”
- “Our grief is as individual as our lives.”

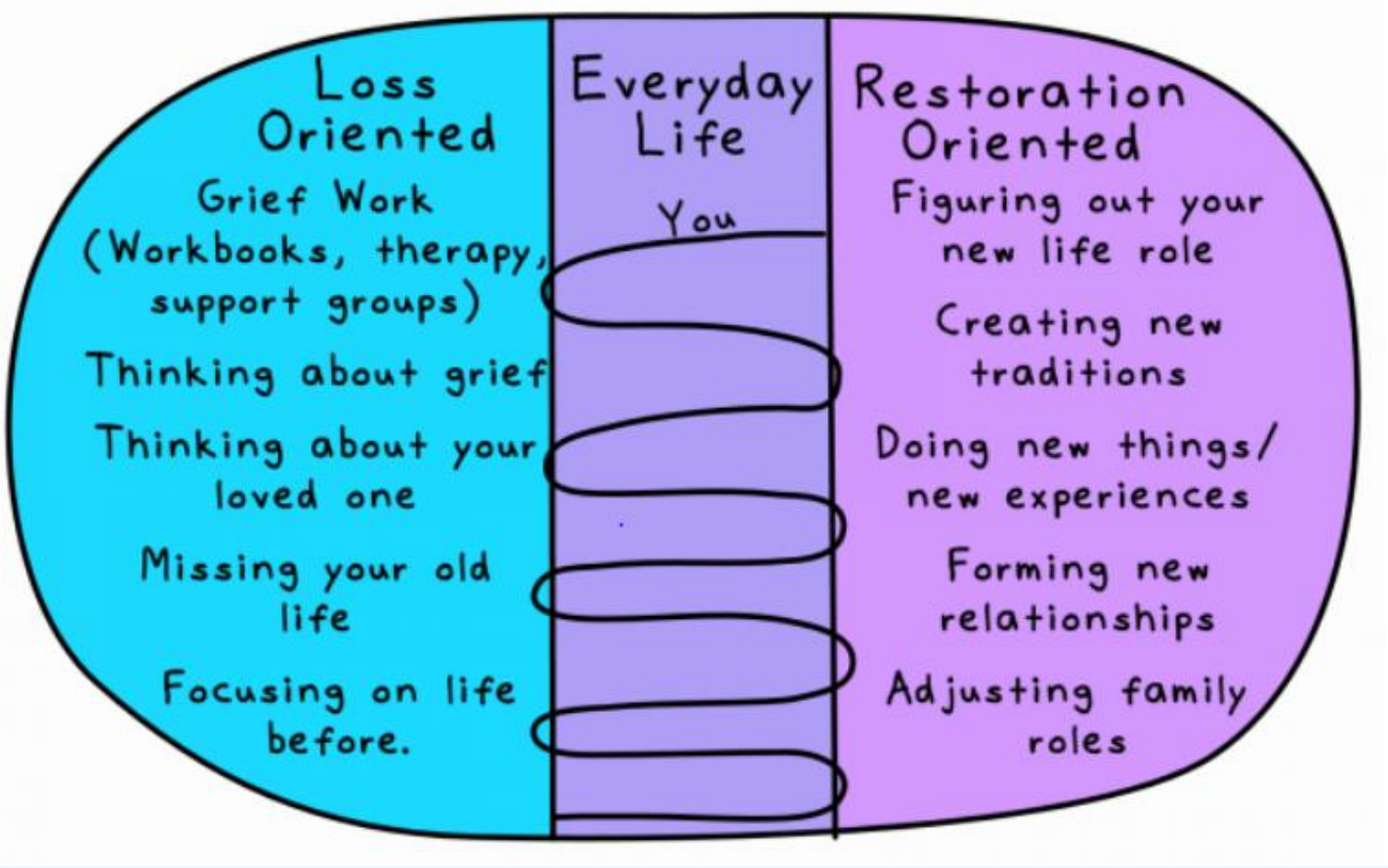



*Kubler-Ross, E & Kessler D, (2005) On Grief and Grieving. London. Simon & Schuster*

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# Grief models – Dual Process Model

*Stroebe & Schut 1999*




The Dual Process model demonstrates how we bounce between loss-oriented coping and restoration oriented coping

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# "How to Move from Grief to Growth" – *Brené Brown*

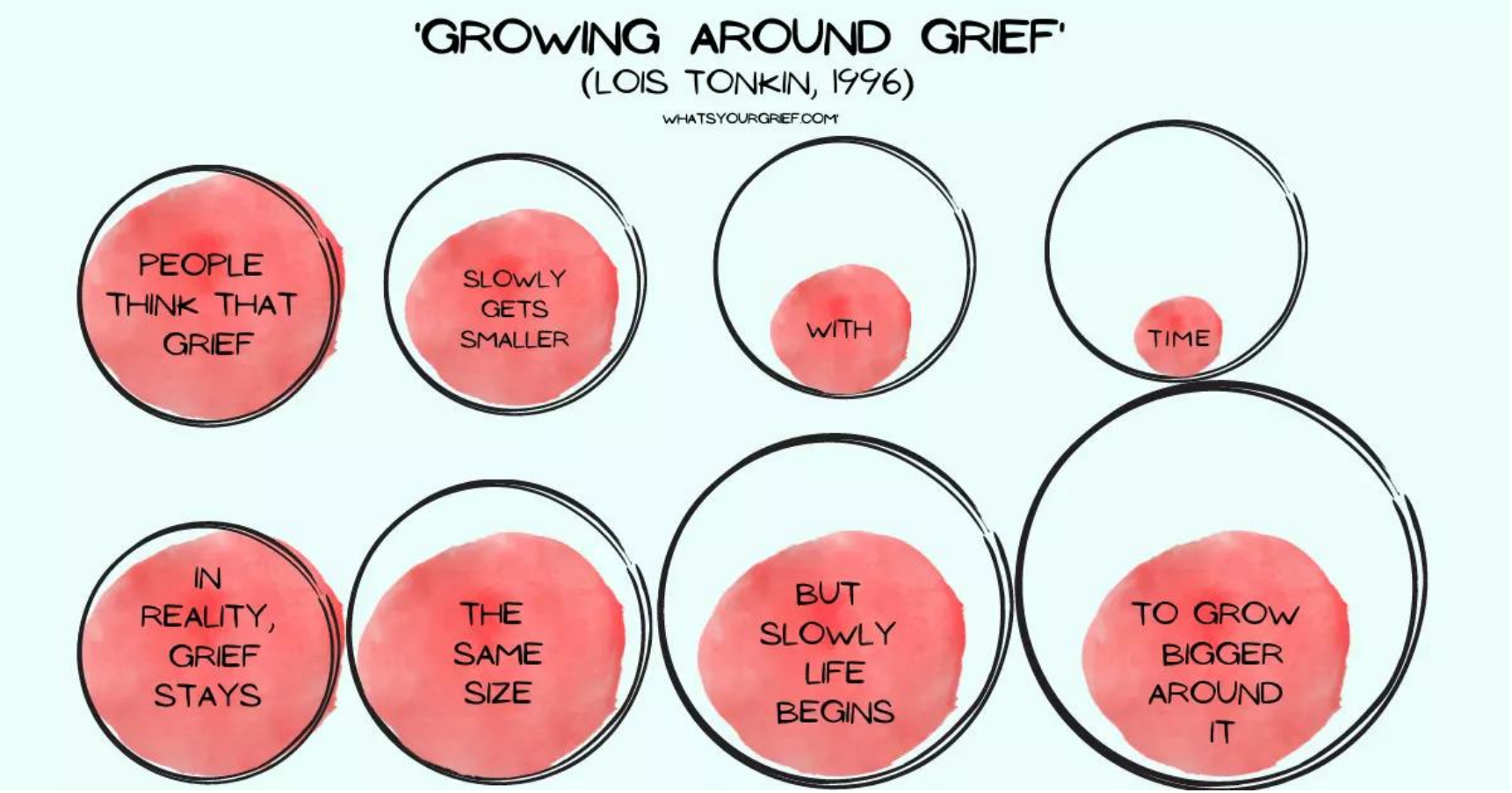
***"The idea that we must first grieve, then heal and then grow, creates an expectation that isn't realistic.***

***It makes us feel like, if we're still feeling pain, we must not be healing. But what if growth is happening inside the grief. What if the pain and the healing are not separate but intertwined."***



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# Grief models – Growing around grief




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# How to support others

"We've found that people are very keen to talk about death, grief and remembering their loved ones. It's just about finding the right spaces to allow them to get through their initial sense of discomfort around the topic."

*Dr Laura King & Ellie Harrison*
*'Discussing death and dying: taboo or not taboo?'*
*Leeds University*

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# How to support others

**Say how sorry you are** - "I'm so sorry for your loss", or "I heard about your _____, I'm so sorry"

**Share a memory** - "I remember your [person]'s kindness when..", "I remember when you went on holiday with them and had a lovely time"

**Offer them space to talk** - "How are things", "I'm here if you wanted to talk about how you are feeling"

**Let them know that their feelings are normal** - "Its ok, take your time" "There is no right way to feel or grieve right now", "Do what feels right for you"

**Recognise how hard things are for them** - "there is so much going on for you", "This is really tough right now"

**Sometimes saying nothing is enough** – Take your cue from them

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# Things to avoid

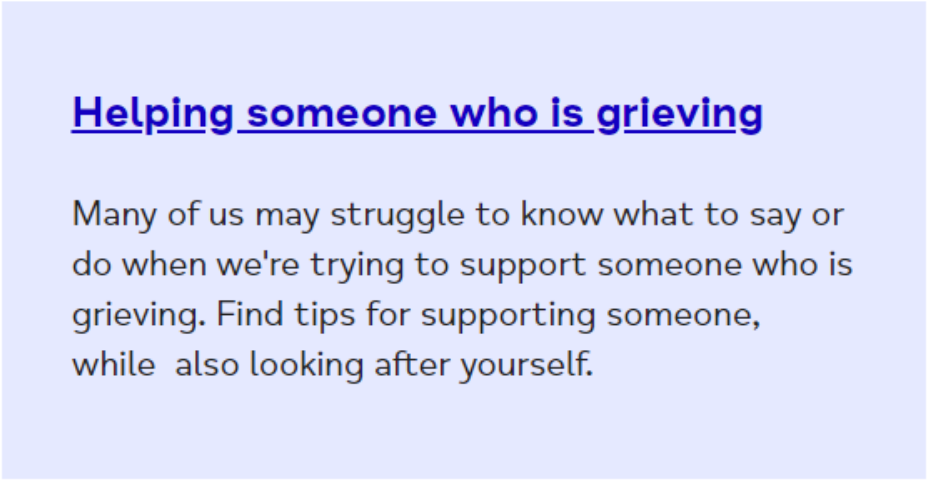
Don’t make assumptions about how they feel

Avoid trying to fix things

Don’t tell them they will “heal”, “move on” or “get over it”

Avoid setting expectations around how long grief will last

Be careful talking about religious ideas




https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/

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# Signposting

- Cruse Bereavement Support - www.cruse.org.uk
- National Bereavement Service – www.thenbs.org
- The Good Grief Trust - www.thegoodgrieftrust.org
- Blue Cross - www.bluecross.org.uk/pet-bereavement-and-pet-loss
- Good Grief Resources - https://www.goodgrieffest.com/resources/
- Mind (Search ‘Bereavement’) - https://www.mind.org.uk/

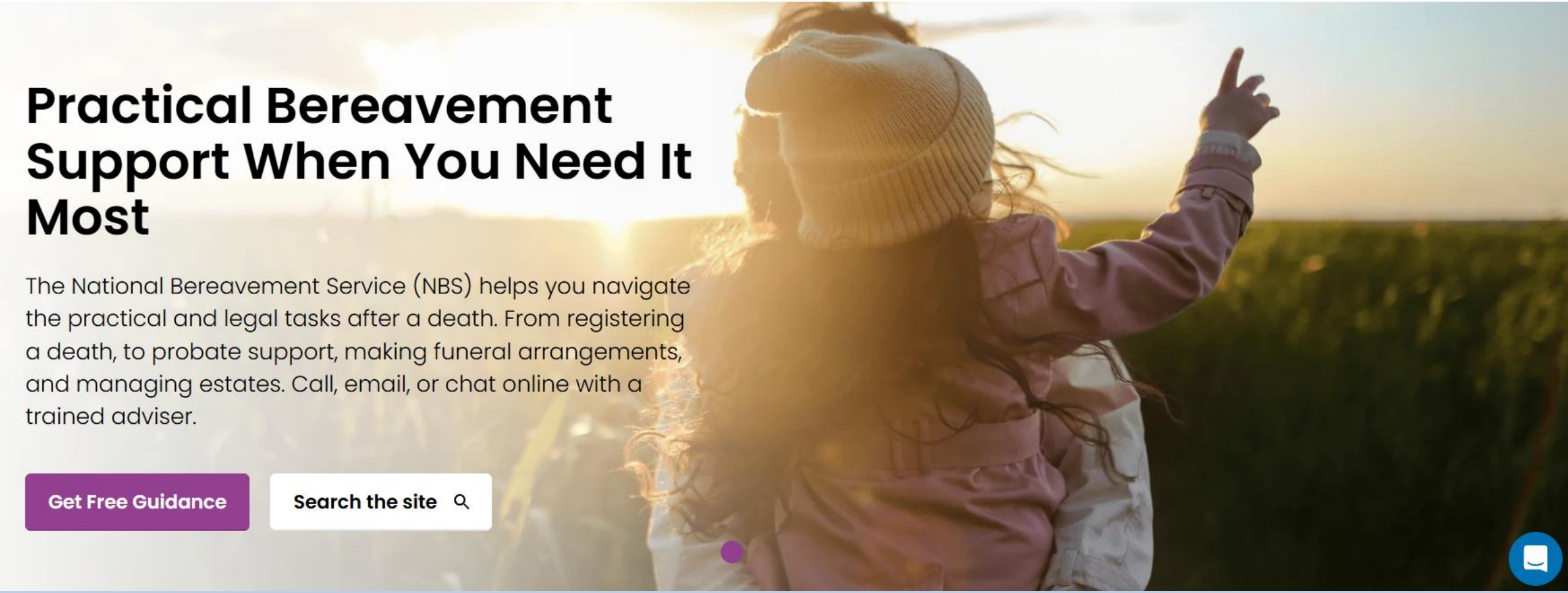
- Hub of Hope - https://hubofhope.co.uk/



0800 0246 121 | 0191 656 3201 | info@thenbs.org | Mon - Fri 09:00 - 18:00, Sat 10:00 - 14:00, Sun – CLOSED

National Bereavement Service

Practical Help | Emotional Help | Workplace & Training | About NBS | Get Free Practical Advice



# Practical Bereavement Support When You Need It Most

The National Bereavement Service (NBS) helps you navigate the practical and legal tasks after a death. From registering a death, to probate support, making funeral arrangements, and managing estates. Call, email, or chat online with a trained adviser.

Get Free Guidance

Search the site

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Get help now | Make a donation | Search | MENU

# Bereavement

Bereavement is the experience of losing someone important to us. It's characterised by grief, which is the process and the range of emotions we go through when we experience a loss.

Learn about bereavement, including where to go for support, and suggestions for helping yourself and others with grief.

Read this page in Welsh (Cymraeg)

## What is bereavement?

Learn what bereavement means, and some terms you might hear to describe different types of grief.

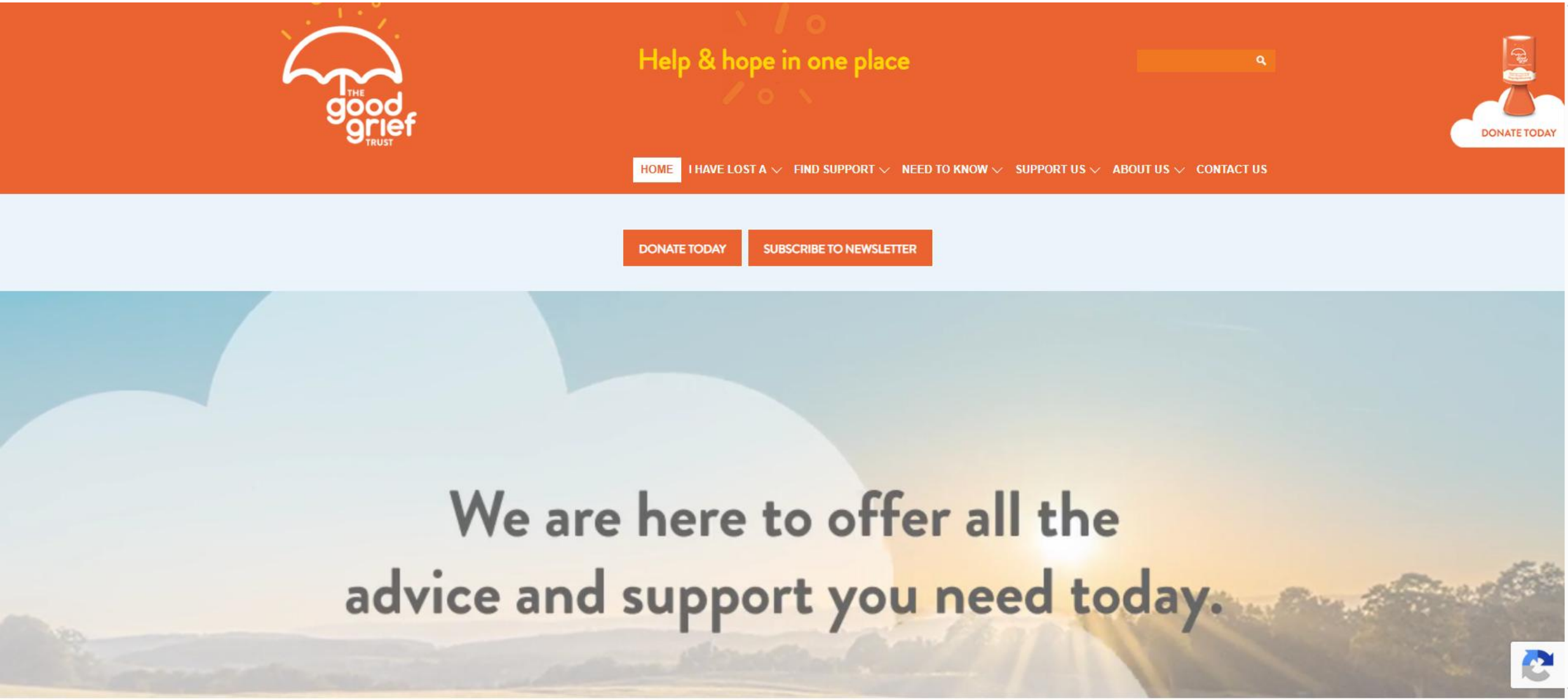
## What does grief feel like?

Read about how grief can feel and how it affects your mind and body. And learn about different ways of understanding the process of grief.

## Support and self-care

Find organisations who can support with bereavement, and ideas for taking care if yourself if you're experiencing grief.

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Search

Call our Helpline 0808 808 1677

Donate

Cruse Bereavement Support

Home | Get support | Understanding grief | Workplace training | Ways to give | About us

Home » Understanding grief

# Understanding grief

Learning more about the grieving process can help you understand what you're going through.



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## THE GRIEF SCHOOL

| | | | | | |
|---|---|---|---|---|---|
| Am I Grieving Right? | Theories & Models of Grief | Tools & Strategies for Coping with Grief | Finding Your Grief Community | The Healing Power of Nature | What Grief Does to the Body |
| Creativity & Grief | Supporting Someone Who's Grieving | Finding Meaning After Bereavement | Finding the Support that's Right for You | | |

## DIFFERENT TYPES OF GRIEF & LOSS

| | | | | | |
|---|---|---|---|---|---|
| Addiction | Anticipatory Grief | Baby Loss | Childhood Bereavement | Climate Grief | Complicated or Prolonged Grief |
| Covid-19 | Delayed Grief | Dementia | Disenfranchised Grief | Grief & Learning Disabilities | Grief in Clinical Practice |
| LGBTQ+ Grief | Living Losses | Multiple Bereavements | Sudden Death & Traumatic Loss | Suicide | Young & Bereaved |

Support us Get pet advice Find a pet Get help and support Find us Donate



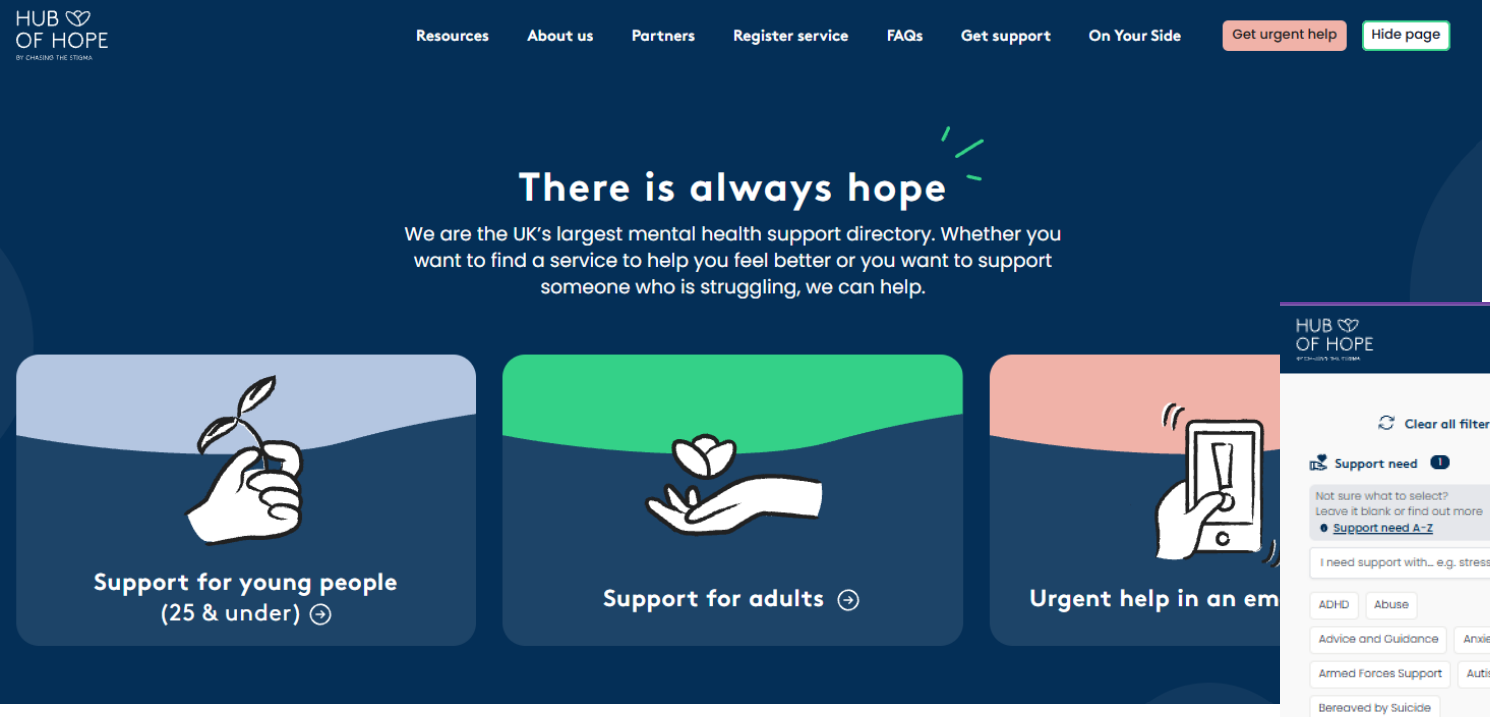
# Pet Loss Support

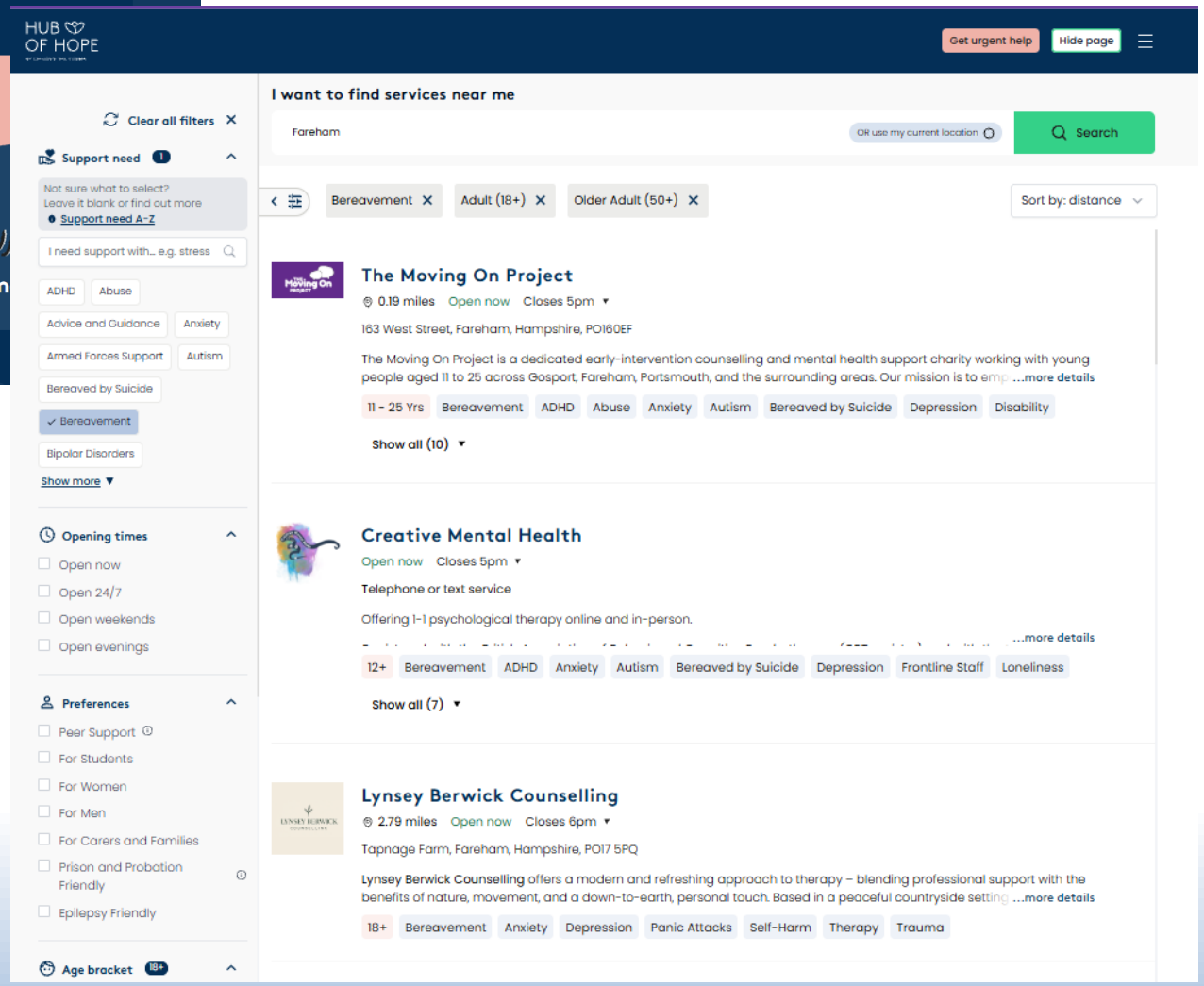
Here to take your hand when they let go.

**Live Chat. Real People. Genuine Support.**

For 30 years, we've been here to help you cope with the loss of a pet, either through death, enforced separation or theft.

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# Self-care

Either during experiences like this, or even after exploring the topic in this way

- **Reflect**: *What do you need at the moment?*
- **When:** *When can you do this?*
- **Who:** *Is anyone else involved?*



# Join an upcoming session

- Menopause & Mental Wellbeing
  - Wed, 21 October
    1pm – 2pm

- Men’s Mental Health & Wellbeing
  - Thu, 12 November
    1pm – 2pm

- Mental Health & Wellbeing Overview
  - Thu, 25 February
    1pm – 2pm

- Taking Control of Your Mental Health
  - Thu, 29 April
    1pm – 2pm