**Understanding Loss: Helping yourself and others**

Understanding the feelings, you or someone else are going through is vital to understanding loss. In this document we will explore and find ways to ease the pain.

* This could be through things such as colouring, having some self-care scheduled, listening to music, watching a film, spending time with your family/friends, thinking about the wonderful times you have had together, utilising your support system on social media/organisations.
* It is important for yourself and others to support others who are grieving it is important to remember that the worst thing you can do is to avoid talking about your passed loved one, as you are worried bringing the topic up may trigger upset. However, prompt those around you to talk about the memories you have, find out things you never knew by asking questions about before you were born, when they discuss these, listen to them.
* Your emotions are going to feel intense – this is normal. Cry as much as you need as letting it out will help.
* Send an “I care” message
* Do a lot of listening
* Be patient – adjustment to a significant loss takes time and requires hard emotional work. It can be done, but it will take time.
* Encourage getting help.
* Discourage blaming of self or others
* Encourage problem-solving behaviours, what needs to be done? What are the alternatives?
* Always express hope for the future and belief that the person will summon what strength is necessary to see the situation through
* Deal with reality straight-on. Do not pretend everything is OK when it is not.
* Place yourself in the other persons shoes and try to feel what he or she is feeling.