

Professional Support

GP / Health Centre

School Counsellors

LSU Chaplain

CARIS Islington residents aged 12-20
'The Basement'
St. Mellitus Church, Tollington Park

tel. 020 7281 5200

www.youngminds.org.uk

www.childline.org.uk

for online chat with counsellors

tel. 0800 1111

'For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.'

Romans 8. 38,39

Thinking about Grief and Loss

➤ Overview

➤ Indicators

➤ Support



Overview of Grief & Loss

Grief is a natural response to the loss of another. It demands our energies and our attention. It can lead us into experience that is outside our comfort zone, leave us feeling confused, frustrated, guilty or distressed.

Grief follows a different path for each person, reflecting the unique relationship with the one who has died, the circumstances of their death and the resources and resilience of the one who is bereaved.

There is no right way to grieve, there is only the process of grieving, which takes its own time and its own form.

Having a secure point of reference helps us to tread the path that is ours. Faith can provide security, the knowledge that life comes from God and returns to God. Most people find security in feeling understood, heard and respected in their grief.

Compassion for ourselves helps us to go steadily, to take our time as we move through sorrow and loss into life ahead.

Indicators of Grief

Some of these might feature for you, others not. There are no hard and fast rules. They are features of grieving and may not be a cause for concern unless you feel stuck.

Sadness
Disorientation
Disturbed sleep
Loss of appetite
Fatigue
Over-activity
Loss of interest
Anger
Tears
Sensitivity to sound
Numbness
Depression
Guilt

Notice how you are in your body, your spirit, your emotional life.
What are your needs right now?

Finding Support

Whoever we are, we all need support at different times and for different reasons. Seeking support is a way of self-care.

Speaking to someone who can listen to us and receive us with our personal story, can lead us through grief to healing and integration (a way of giving a place to our experiences and coming into new relationship with ourselves).

Who will you contact for support during half-term or other holidays?

Along with speaking to friends or professionals, there are other ways to process grief including

Journalling (writing from your heart)
Walking
Breathing (mindfulness exercises)
Music (listening or making)
Creating art
Going for a run
Lighting a candle
Prayer
Creating a personal memories book