

## TOOL 8 – TIPS TO HELP YOU THROUGH YOUR GRIEF

- Take one day at a time.
- Be aware that everyone involved will react differently.
- Surround yourself with family and friends and those who will support you.
- Share your feelings with others. Find a trusted person to talk to about your child or grandchild.
- Try to be active and exercise.
- Avoid medications such as sedatives—they can be useful for providing needed relief for short periods but should not be taken to avoid your grief entirely.
- Try to resist being rushed into big decisions, such as moving or changing jobs.
- Try to avoid activities you don't feel ready for if well meaning friends try to help you 'feel better'.
- Set goals for yourself, consider volunteer work for a charity or develop new interests.
- Maintain hope. You may find hope and comfort from those who have experienced a similar loss. Knowing some things that helped them, and realising that they have recovered and time does help may give you hope that sometime in the future your grief will be less raw and painful.
- Don't underestimate the healing effects of small pleasures as you are ready. Sunsets, a walk in the bush, a favourite food—all are small steps toward regaining your pleasure in life itself.
- Permission to backslide. Sometimes, after a period of feeling good, we find ourselves back in the old feelings of extreme sadness, despair or anger. This is often the nature of grief, up and down, and it may happen over and over for a time. It happens because, as humans, we cannot take in all of the pain and the meaning of death at once. So we let it in a little at a time.
- There is no time limit on grieving.
- Seek professional support if your grief becomes too intense.

Tool for parents  
and grandparents