

Coping with grief

There is no right way to grieve

Grief can feel different from one day to the next. You may feel sadness, numbness, anger, relief or several things at once. Feelings can arrive in waves, sometimes when you least expect them. You need not follow anyone else's timetable.

Take one day at a time

On difficult days, keep your expectations small. Drink some water, eat what you can, and rest when you are able. A short walk or a few minutes outside may help you feel connected to the world around you.

Stay connected in your own way

You might want to talk about the person who died, look at photographs, write down a memory or mark a date in a way that feels meaningful. You may also need time alone. Tell someone you trust what would help today.

Let support come close

A friend can bring a meal, sit with you or help with a practical task. If grief feels too much to carry, speak with your GP or a bereavement support service. You do not have to manage it all by yourself.

A gentle reminder

You can miss someone deeply and still have moments of rest or laughter. There is room for all of it.