

# Coping with bereavement

Being bereaved, even when the death is expected, as when your loved one has cancer, can leave you feeling shocked, numb and at a loss. Grief can feel overwhelming.

“Counselling through WHY helped me through the most difficult period of my life – losing my mum to cancer. The counselling sessions helped me recognise that I have the resources to cope and helped me reflect on the little improvements that were happening week by week.”



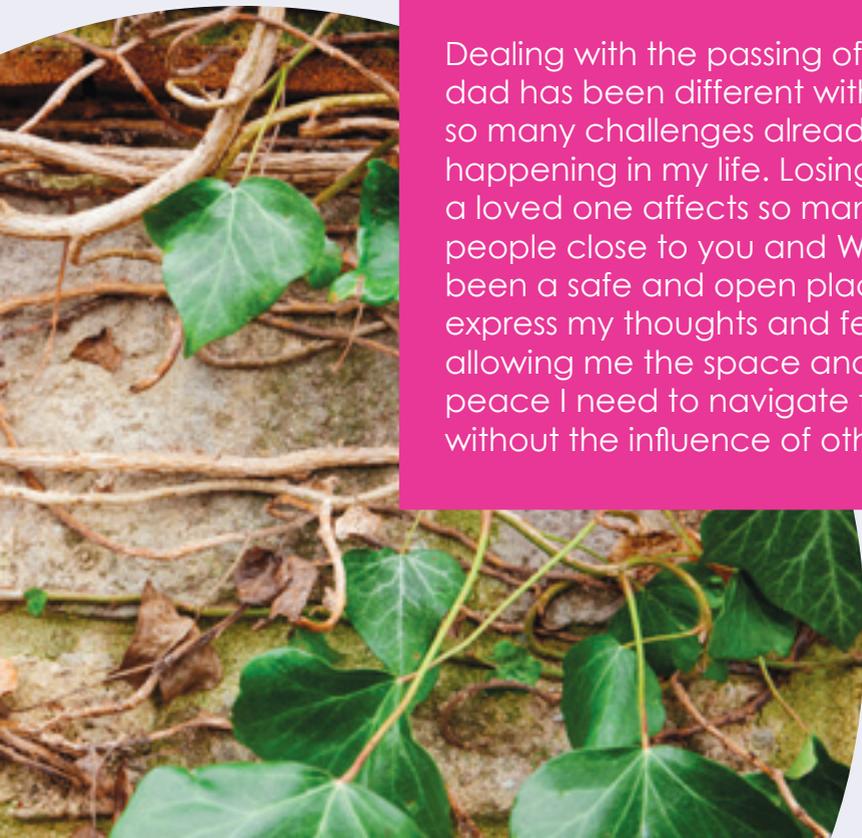
When you ask **why...** we hear you.

we hear you

01373 455 255 [wehearyou.org.uk](http://wehearyou.org.uk)

## Shock and denial

It can feel exhausting and relentless but you will find ways to come to terms with your loss. You need time to express and feel your pain. You may feel sad, angry or isolated. You may want to cry or talk repeatedly about your loss. Grief has many faces. Be gentle with yourself. Grief may affect the way that you function in your daily life. You may feel tired, forgetful or find it hard to concentrate and the things that once seemed important feel less so. Sometimes you may feel so angry that you need to find safe ways to release it privately. Hitting a pillow, whacking something unbreakable, jumping on cushions or stamping and kicking water can all feel cathartic. These feelings are a normal part of the grief process.



Dealing with the passing of my dad has been different with so many challenges already happening in my life. Losing a loved one affects so many people close to you and WHY has been a safe and open place to express my thoughts and feelings allowing me the space and peace I need to navigate these without the influence of others.

## Grief

Grief is physical as well as emotional. Finding ways to release some of the tension can help; gentle exercise, a walk, a massage. It is okay to give yourself treats and special attention, to allow yourself some relief from the pain. Keeping a journal of your feelings, watching a favourite film, reading books about other people's experience of loss or poetry can sometimes be cathartic and help you to feel less alone with grief. It can help to talk to close family and friends to gain the support that you need.

Grieving can impact on your ability to do the practical day-to-day things that you would usually do, such as managing the household or your work duties. Adjusting your expectations of what you can achieve while grieving can help alleviate feelings of frustration. You may need to call on help from friends or family with these practical tasks and allow yourself enough time before returning to work.

Everyone's experience of grief is different, and you will grieve in your own way. Grief may last for months or years. Feeling very strong emotions for months after a death is normal. The first anniversaries after the death of your loved one can feel very upsetting. Some people

I felt very alone and I was struggling very much with my grief. They continued to support me after he died and the counselling I received helped me to understand my deep feelings of loss. I would highly recommend WHY if you know someone who is suffering from cancer and you need emotional support.

find it helpful to have a plan for that day such as visiting a special place or preparing a favourite meal. The important thing is to allow yourself to grieve and mourn as much and for as long as you need to.



### Who we support

- Carers
- Children
- Friends and loved ones
- Patients
- Relatives
- Young people
- Anyone bereaved by cancer or other life threatening conditions

### Where we offer counselling

- Bath
- Bradford on Avon
- Frome
- In various schools
- Midsomer Norton
- Online
- Group therapy
- Street
- Trowbridge
- Warminster
- Yeovil

We rely entirely on voluntary donations from our clients, local businesses, individuals, community groups and grant making trusts.

If you would like to support our work or find out more about the emotional support we provide please do get in touch.

**why...**

we hear you

**Cancer  
Counselling**

### We Hear You,

Frome Town Hall,  
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