

# Helping you with your bereavement

Registered Charity 512394

 **Severn  
Hospice**  
here and at home

## Common feelings and reactions

**Grieving is a normal process following bereavement and affects people in different ways. However, here are some feelings and reactions you may experience:**

- At first, numbness and disbelief – It hasn't really happened
- Thinking you have seen or heard the person, or searching for them
- Guilt, anger, loneliness, depression or feelings of 'going mad'
- Feelings of relief
- Difficulty sleeping or eating and in concentrating
- Feeling physically low and concerned about your health
- Disappointment about all the plans and dreams that will never be fulfilled
- Finding everyday situations and relationships difficult to deal with

## We're here for you

Severn Hospice social workers can be contacted by calling our Shrews or Newtown on 01686 623558 (with answer phone service).

## Looking after yourself

- It is okay to express your feelings
- Try to talk about what has happened
- It is important to make time to sleep, rest and think, as well as having time with your family and friends
- Allow yourself more time to do things, take rest and beware of accidents which are more common after stress
- Don't be pressed or push yourself into major decisions if possible – there are no right times for doing anything, only at your own pace
- Try to let children share your grief and encourage them to express their feelings. Talking, reading, drawing and playing games can be helpful
- Encourage children to return to school and continue with their activities
- Be gentle with yourself. If you have had a bad day, put it behind you and have another go

**Please see overleaf for ways we can help**

## How we help

We want to continue to support you and your family and will be offering the following services:

- **Individual support** – with a member of our bereavement support team
- **Group meetings** – for relatives to share their experiences together
- **Elephants Never Forget** – children and parents' bereavement service which offers support to families
- **Remembrance event** – we have a book of remembrance in our sanctuaries at both hospice sites where the deceased person's name is recorded. On the anniversary of their death, you are welcome to view the book during the anniversary month
- **Practical help and advice**

**If you are interested in any of the above,  
please get in touch**


## Confidentiality


The hospice operates on a team-based approach to your care. We may sometimes need to share information you give us with our colleagues to ensure you are receiving the best service. We will always endeavour to check with you about what we may or may not divulge.

Front cover photograph courtesy of Philip Williams

**severnospice.org.uk**

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