

# Your Feelings & Bereavement



# Your Feelings

You may be feeling overwhelmed and it can be very difficult to tell family, friends or complete strangers about the death and make decisions when you are dealing with your own feelings of loss. You may want to ask people that you trust to support you with this or to tell people on your behalf. You can also ask someone you trust to be with you when you register the death or make arrangements for the funeral.

## Effects of bereavement

The death of a loved one can produce many intense and confusing feelings. These may include:

**Shock:** disbelief at why it has happened. You may feel numb, disorientated or in 'another world'.

**Pain:** both physically and mentally, the effect can be overwhelming and has been compared to losing a limb. You will always miss it, but can learn to adapt and live without it.

**Anger:** this is completely normal. You may be angry at what has happened, at the unfairness of it and even anger towards the person who has died.

**Guilt:** over things that you have said or done, or those that you didn't say or do. Remember that at the time, you did not have the hindsight that you have now.

**Fear:** worrying about the future, or about losing control emotionally.

**Longing:** for all that has gone. Seeing and hearing someone who has died is a common experience and can happen when you least expect it. You find that you cannot stop thinking about the events leading up to the death.

## What can be done?

Talk about what has happened with someone you trust.

Let yourself cry and express your feelings

Accept that what you are feeling is normal and gradually this will ease.

Some people cope with bereavement with the help of family and friends, but sometimes more support is needed. Willow Burn Hospice knows how difficult it may be to come to terms with the loss of a loved one.

The **Family Support Service** offers free, confidential support for people who are affected by the death of a loved one. We understand the challenges that you may be facing and we can help you to deal with the difficulties and changes that you are experiencing. We can also help by talking through any practical issues that you may be worrying you. There is no need to cope alone.

The support is available for family members, carers and friend, and children and young people. The service is entirely flexible and can provide anything from a 'one off' meeting to a longer course of support. We listen to you and get to understand your circumstances when you get in touch.

Our services include:

'One to One' counselling

Advice and Information

Family Support

Practical Assistance

Signposting to other relevant services.

Service of Remembrance

To find out more, or book an appointment, please contact the Family Support Team on **01207 523902**.

## **Willow Burn Hospice**

If you would like to find out more about our work, please visit our website:

[www.willow-burn.co.uk](http://www.willow-burn.co.uk)

Address: Willow Burn Hospice, Howden Bank, Lanchester, Durham, DH7 0QS

Telephone: 01207 529 224

Email: [info@willowburnhospice.org.uk](mailto:info@willowburnhospice.org.uk)

Facebook: Willow Burn Hospice

Twitter: @Willow\_Burn

Instagram: willowburnhospice