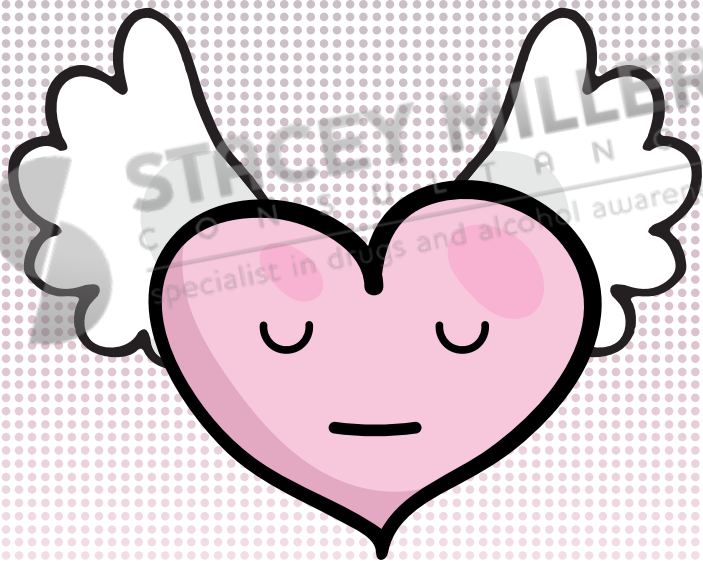


# BEREAVEMENT



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## WHAT IS BEREAVEMENT?

Bereavement is the experience of having someone pass away whether it's a friend, family member or even a pet or a baby from a miscarriage. It's normal to feel lots of different emotions as we learn to deal with the loss with no right or wrong way to feel. It can often be a distressing experience but we will all go through it at some point in our lives.

## WHAT IS GRIEF?

Grief is the range of emotions we feel when we experience bereavement. Examples include:

- ♥ Feeling numb or being in denial. It can often feel like a weird horrible dream.
- ♥ Shock and disbelief which is normally the first reaction to the death.
- ♥ Extreme sadness and being tearful.
- ♥ Feeling exhausted and drained.
- ♥ Anger or blame towards the person who died or how they died.
- ♥ Guilt or regret about past actions related to that person.

It's important to note that everyone's experience will be different with what emotions they feel, when and for how long.

## HOW TO DEAL WITH A LOSS?

It's always best to get emotions out than bury them so talking is a great step. Also it's important to still talk about the person that died and see the loss as a celebration of life. Where appropriate, regardless of age be involved in the process such as funeral arrangements so that the grief is normalised. If you struggle to speak to friends or family or find it's affecting your day to day life, contact your local bereavement service. You can talk to someone about your loss anytime even if that person died a long time ago.