

Feelings after someone dies

Language: Simplified Chinese

Cruse
Bereavement
Support

亲朋好友去世后您的感受

感到悲伤是自然和正常的。这不是一种疾病，虽然悲伤它会让您感到不舒服。它不会永远持续下去，尽管有时痛苦似乎永远不会结束。悲伤没有“正确”的方式，我们每个人都以自己的方式做出反应。但是人们经常告诉我们以下几种情绪。

亲友去世人后，旁人的常见情绪

震惊和麻痹

一开始您可能会觉得自己很震惊。您可能会感到麻木，或者像什么都没有改变一样继续下去。这是因为理解已经发生的事情可能需要很长时间。您也可能会感到迷失方向，就好像失去了自己在世界中的位置。重要的是要知道，所有这些感觉都是正常的。

痛苦

遇到我们身边的人离开，是我们一生中最具伤害性的经历。可能会很让我们很痛苦。人们形容这种感觉就好像被“一分为二”，或失去自己身体的某一部分。这些感觉可能是非常可怕和不安的。很多人哭得很厉害。

愤怒

有人死了，感到愤怒是正常的。死亡似乎是残酷和不公平的，尤其是当您觉得某人走得太早，或者如果您对未来有共同的计划。您可能会对死去的人感到愤怒，也可能对其他人感到愤怒。您甚至可能为他们活着的时候，您做了或没有做的事情而生自己的气。

负罪感

内疚是对悲伤的另一种常见反应。您可能会觉得直接或间接地为这个人的死亡负责。或者，如果您和死去的人关系不好，您可能会感到内疚。请不要对自己苛刻，记住您做过的好事和任何遗憾。

抑郁

您可能会在一个亲密的人死后感到抑郁。感觉什么都不再重要了。您甚至可能觉得您不想继续活下去了。如果您开始觉得您可能会有自杀的感觉，请和某人谈谈。您的全科医生可以让您了解当地的心理健康支持。

看到和听到那个人

人们有时认为他们能听到或看到已故的人。“看到”死去的人，听到他们的声音，是因为我们的大脑试图理解并接受死亡，并接受它是不可逆转的。重要的是要知道这都是正常的。

难以集中注意力，难以全神贯注

您可能会发现很难集中注意力。您也可能会发现您无法停止思考导致死亡的事件。

身体感受

在某人死后感到身体不适是很常见的——悲伤的痛苦可以被真真切切地感觉到。您的健康可能会受到影响。

我什么时候会感觉好些？

人们经常问我们，悲伤究竟会持续多久？事实上，悲伤治愈是很缓慢的过程。但随着时间的推移，它通常会变得更容易应对。没有什么能替代已故的人。但渐渐地，大多数人发现他们能够继续生活，并开始有时感到快乐，同时仍然记得那些死去的人。

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

解决办法

- **与某人交谈。**试着找一个值得信赖的朋友，或者您社区里可以倾诉的人。或联系 Cruse 的帮助热线（见下文）。
- **照顾好自己。**这可能很难，但也要试着保持良好饮食、睡眠和运动。
- **设法铭记他们。**想办法记住已故的人，并把他们作为您生活的一部分。

联系 Cruse 的帮助热线

如需更多帮助，但又不会说英语，我们可以通过一个名为 LanguageLine（语言热线）的服务，为您提供帮助。

帮助流程

1. 拨打 0808 808 1677。
2. 您将会听到一段用英语录制的信息。请耐心等待接听。有很多人都希望获得我们的服务，如果无人应答，请您稍后再尝试拨打。
3. 当志愿者接听您的来电时，请用英语清楚地告诉他们您的语言。
4. 随后我们的志愿者会打电话给我们的翻译服务，您将会听到他们在和其他人沟通连线，请您不要挂机。您可能需要等待几分钟。
5. 接着口译员会加入通话，协助您和帮助热线的志愿者沟通。
6. 因为这是一个三方对话，它会比通常的帮助热线电话需要更长的时间，所以请您耐心等待。

我们的求助热线服务时间如下：

- 星期一：上午 9:30-下午 5:00
- 星期二：上午 9:30-晚上 8:00
- 星期三：上午 9:30-晚上 8:00
- 星期四：上午 9:30-晚上 8:00
- 星期五：上午 9:30-下午 5:00
- 周末：上午 10:00-下午 2:00

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

English version

Feelings after someone dies

Grieving is natural and normal. It's not an illness, although it can make you feel ill. It won't last forever, although there may be times when it seems like the pain will never end. There's no 'right' way to grieve and we each react in our own way. But people often tell us about the following emotions.

Common emotions after someone dies

Shock and numbness

At first you might feel like you're in shock. You might feel numb or carry on as if nothing has changed. This is because it can take a long time to process what has happened. You may also feel disorientated – as if you have lost your place in your world. It's important to know that all of these feelings are normal.

Pain

The death of someone close to us is the most devastating experience that will ever happen to us. It can be very painful. People describe it as being cut in two or losing a part of themselves. These feelings can be very frightening and upsetting. Many people cry a lot.

Anger

It's normal to feel angry when someone dies. Death can seem cruel and unfair, especially when you feel someone has died too young or if you had plans for the future together. You might feel angry at the person who died or angry at others. You may even be angry at yourself for things that you did or didn't do while they were alive.

Guilt

Guilt is another common reaction to grief. You might feel directly or indirectly to blame for the person's death. Or you might feel guilty if you had a difficult relationship with the person who has died. Try not to be hard on yourself, and remember the good things you did as well as any regrets.

Depression

You may feel depressed after the death of someone close. It can feel like nothing matters. You might even feel like you don't want to go on living. If you start to feel you might act on suicidal feelings please talk to someone. Your GP can let you know about mental health support in your local area.

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

Seeing and hearing the person

People sometimes think they can hear or see the person who has died. “Seeing” the person who has died and hearing their voice can happen because our brain is trying to process the death and accept that it’s final. It’s important to know this is normal.

Difficulty concentrating and being preoccupied

You may find that it is difficult to concentrate. You may also find that you can’t stop thinking about the events leading up to the death.

Physical feelings

It is common to feel physically ill after someone dies – the pain of grief can be felt as a real pain. Every part of your health can be affected.

When will I feel better?

People often ask us how long the grief will last. The truth is that healing comes slowly, but it usually becomes easier to cope with over time. Nothing can replace the person who has died. But gradually most people find they are able to continue with life, and start to feel happy at times, while still remembering those who have died.

What can help?

- **Talk to someone.** Try to find a trusted friend, or someone in your community you can talk to. Or contact the Cruse helpline (see below).
- **Look after yourself.** It can be difficult, but try to keep to a routine of eating, sleeping and getting a little bit of exercise.
- **Find ways to remember them.** It can help to think of ways you can remember the person who has died, and keep them as part of your life.

Contacting the Cruse Helpline

If you need more help, and don’t speak English, we can arrange for support on our helpline through a service called LanguageLine.

How it works

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078

3. When a helpline volunteer answers, clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm

cruse.org.uk

帮助热线：0808 808 1677

注册慈善机构编号 208078