

Ways of coping with grief

Language: Simplified  
Chinese

**Cruse**  
Bereavement  
Support

## 应对悲伤的方法

悲伤可能会让人情绪失控。它影响着我们生活的每一个部分，有时我们会感觉，事情永远不会变得更好。随着时间的推移，大多数人告诉我们，他们的悲伤虽然仍然令人痛苦，但变得更容易处理。他们能够继续生活，甚至享受事物，同时仍然记得他们失去的人。

有一些措施可以帮助到您。并不是每个措施都能帮助每个人，您可能需要花一些时间尝试不同的措施，才知道什么对您行之有效。

## 与某人交谈

与他人谈论您的感受真的很有帮助。

- 与朋友和家人交谈是一个很好的开始。开头可能很难，但请选择一个您信任的人，问您是否可以谈谈您的感受。您也可能喜欢分享对逝去的人的回忆。
- 您可以和您的全科医生、社区组织或信仰领袖谈谈。您可能需要请讲英语的人，帮助您使用您的母语获得这些服务，或安排翻译人员帮助。
- Cruse 热线设有翻译服务（见下文）。您可以和我们谈谈您的感受，如何应对，以及在哪里找到进一步的帮助。

## 照顾好自己

照顾好自己是很困难的，特别是当您感到绝望，或者您有责任照顾他人，因为您已经习惯了把别人放在第一位。但除非您先照顾好自己，否则您无法治愈或帮助他人。

- 坚持规律的饮食、睡眠和运动会有所帮助。
- 尽量多休息，按时上床睡觉和起床，即使睡眠遇到困难也要这样坚持这样做。
- 悲伤会影响食欲和消化，但经常吃健康的食物会有所帮助。
- 运动可以提升您的心情。不要尝试费劲的锻炼计划，而是试着想一些您可能喜欢的积极的事情。即使每天走一小段路也能帮上忙。

- 如果您使用酒精或其他药物，请务必小心。重要的是要记住，这些东西不会带走痛苦。

## 铭记逝者

虽然亲友已逝，但是我们和他/她的关系并没有逝去。也许在开心的时候铭记这个人，可以与他/她保持联系。下面的一些建议可能会有所帮助。

- 看看照片或旧胶卷。
- 做一个记忆盒，里面装有让您想起他们的东西。
- 以他们的名义种一棵树或捐献一条长椅。
- 用他们的旧衣服或物品做一些东西。
- 去一个对他们来说特别的地方，或者看看它的照片。
- 给他们写封信。
- 做他们最喜欢的食物。
- 看他们最喜欢的电影或读他们喜欢的书。
- 把他们最喜欢的音乐列一个播放列表。
- 和其他人聚在一起分享故事和最喜欢的记忆。

## 写哀悼日记

许多人发现写作是处理感情的好方法。

写作是一种大声思考的形式。它可以帮助您处理事情，识别思维模式。如果您发现自己沉迷于同样的记忆，把它写下来，有助于把它从您的脑海中抹去。

写日记也有助于记录快乐的回忆。这样做会让您觉得离逝者更近。如果您也担心忘记您对它们的记忆，保留记录真的是一种安慰。

日记也能让您回顾过去。悲伤可能是一个漫长的旅程，当我们在其中时，很难看到事情在改变。当您回顾几周或几个月前的情况时，您会发现随着时间的推移，您的情况发生了多大的变化。

您写日记多长时间完全取决于您自己。有些人发现它很有帮助，于是写日记成为他们生活的一部分，作为他们生活的源源动力，记录他们的生活。其他人可能会觉得他们只在短时间内需要这个特定的工具，或者在困难时期需要用到它。

## 其他创造性活动

如果您不喜欢写作，其他创造性的活动也会有所帮助，那就是任何能帮助您表达情感或铭记逝者的活动。

## 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

## English version

### Ways of coping with grief

Grief can be overwhelming. It affects every part of our life and sometimes it can feel like things will never get better. In time, most people tell us that their grief, while still painful, becomes easier to deal with. They are able to carry on with life and even enjoy things, while still remembering the person they have lost.

There are some things that can help. Not everything helps everyone and you may have to spend some time trying different things before you know what works for you.

### Talk to someone

Talking about your feelings really helps.

- Friends and family are a good place to start. It can be difficult but choose someone you trust and ask if you can talk about how you are feeling. You may also like to share memories of the person who has died.
- You may be able to talk to your GP, community organisations, or a faith leader. You may need to ask an English speaker to help you access these services in your language or arrange for a translation.
- The Cruse helpline has a translation service (see below). You can talk to us about how you are feeling, how to cope and where to find further help.

### Look after yourself

It can be difficult to look after yourself, especially if you feel hopeless or if you have caring responsibilities and are used to putting other people first. But you cannot heal or help others unless you look after yourself first.

- Sticking to a routine of eating, sleeping and getting some exercise can help.
- Try to rest and go to bed and get up at regular times, even if sleeping is difficult.
- Grief affects the appetite and digestion but eating healthy foods at regular times can help.
- Exercise can lift your mood. Don't try to start an ambitious exercise programme, but try and think of something active that you might enjoy. Even a short walk each day can really help.
- Be careful if you use alcohol or other drugs. It's important to remember that these things won't take the pain away.

## Remember the person who has died

When someone dies our relationship with them does not die. Remembering the person, perhaps in happier times, is a way of maintaining a bond with them. Some of the following suggestions may help.

- Look at photos or old film.
- Make a memory box containing things which remind you of them.
- Plant a tree or dedicate a bench in their name.
- Make something out of their old clothing or possessions.
- Visit somewhere that was special to them, or look at pictures of it.
- Write them a letter.
- Make their favourite food.
- Watch their favourite film or read a book they liked.
- Make a playlist of their favourite music.
- Get together to share stories and favourite memories with other people.

## Keep a grief journal

Many people find writing is a good way to cope with feelings.

Writing is a form of thinking out loud. It can help you work through things, and identify patterns of thought. If you find yourself obsessively thinking over the same memory, writing it down helps to get it out of your head.

Keeping a diary can also help to record happy memories. Doing this will allow you to feel closer to the person who died. If you're also worried about forgetting your memory of them, keeping a record can be really comforting.

A journal also gives you something to look back on. Grieving can be a long journey and when we're in the middle of it, it can be hard to see that things are changing. When you can look back at how you weeks or months ago, you will see just how much your situation has changed over time.

How long you keep a diary or journal is totally up to you. Some people find it so helpful it becomes part of their life, as an ongoing support and record of their lives. Others may find they only need this particular tool for a short time, or as something to come back to in difficult times.

## Other creative activities

If you don't like writing, other creative activities can help – anything which helps you express your feelings or remember the person who has died.

## 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.
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