

Anniversaries and reminders

Language: Chinese

Cruse
Bereavement
Support

应对周年纪念和提醒

周年纪念和提醒可能会令人非常难受。即使在亲友去世多年后，它们也可能会让人悲伤。

有很多事情会让我们想起已故的人。有些东西比较明显，比如他们去世的日子或生日。还有一些更不可预测的东西，比如一段音乐、某种气味或某个电视节目。

周年纪念和提醒可以唤起我们强烈的记忆和感情，这些记忆和感情属于个人专有。对一个人来说意义重大的日子或事件，对不知缘由的其他人来说可能只是普通的日子。这会让您很难向朋友和家人解释您的感受。

正如每一次悲伤的经历都是独一无二的，让您想起已故亲友的事情也是独一无二的。对一些人来说，周年纪念日会让他们想起美好或快乐的回忆，而对另一些人来说，周年纪念日会带来悲伤、痛苦、恐惧、后悔和内疚的感觉。

如何应对周年纪念和提醒

提前计划

如果您害怕某个日子，那么就花些时间，提前计划好如何度过它。也许您想呆在家里看最喜欢的电影，或者组织活动来纪念已故亲友。也许您想完全忘记这个事情。

如何度过一天并不重要，重要的是在当时做适合您的事情。

宽容待人

死亡的不确定性和焦虑可能会导致固定的观念和思维。因此重要的是要记住，人们以自己的方式记住或忘记那些已故亲友。如果人们想用不同的方式度过一天，这是可以接受的。

设法铭记

随着时间的推移，周年纪念和提醒可以帮助我们开始专注于过去的美好回忆。您每年都可以找到办法来帮助您铭记您和已故亲友的关系。

喻于言表

写日记和写信可以帮助您整理思想和记忆。如果您发现自己在某次提醒已故亲友后被悲伤不已，那么写下悲伤的原因真的大有裨益。

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

Coping with anniversaries and reminders

Anniversaries and reminders can be very difficult. They may bring back grief even years after someone dies.

There are many events that will remind you of the person who died. Some are more obvious, such as the day they died or their birthday, and others are more unpredictable, like a piece of music, a smell or a particular TV programme.

Anniversaries and reminders can evoke powerful memories and feelings which are really personal. Days or events which mean so much to one person, may be ordinary to others who may not understand what is happening. This can make it difficult to explain how you're feeling to your friends and family.

Just as every experience of grief is unique, so are the things that remind you of the person who died. For some people, anniversaries will remind them of fond or happy memories, while for others they can create feelings of sadness, grief, fear, regret and guilt.

How to cope with anniversaries and reminders

Plan ahead

If there's a date you're dreading, spend some time trying to work out in advance how you'd like to spend it. Maybe you'd like to stay home and watch your favourite films or perhaps you'd like to organise an event in their honour. Maybe you'd like to ignore the event all together.

It doesn't matter how you spend the day but it's important to do what's right for you at the time.

Be flexible with others

The uncertainty and anxiety surrounding death may lead to fixed ideas and thinking. So it's important to remember that people remember and forget those who have died in their own ways. It's OK if people want to spend the day in different ways.

Find ways to remember them

As time passes, anniversaries and reminders can help us to begin to focus on happy memories of good times shared in the past. You could find something to do each year that helps you to remember and celebrate your relationship with the person who has died.

Put your feelings into words

Journal and letter writing can help you organise your thoughts and memories. If you find yourself overwhelmed with grief after a reminder, writing down why can be really helpful.

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