

Welcome to  
Understanding  
Your  
Bereavement Online



# Hello

- Introductions
- You're here
- A confidential space
- Staying safe
- Chat function
- Please stay to the end, but
- Helpline 0808 808 1677
- Resources – [www.cruse.org.uk](http://www.cruse.org.uk)
- These slides and additional information will be emailed
- Our services are provided for free and funded by donations

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## Intentions

To Define Grief  
To Understand Grief  
How We Grieve  
What May Help  
The Next Steps  
Questions

# Defining grief

It's unique to you



It's a Process/Journey



HOW WE  
WANT  
GRIEF TO  
WORK

A



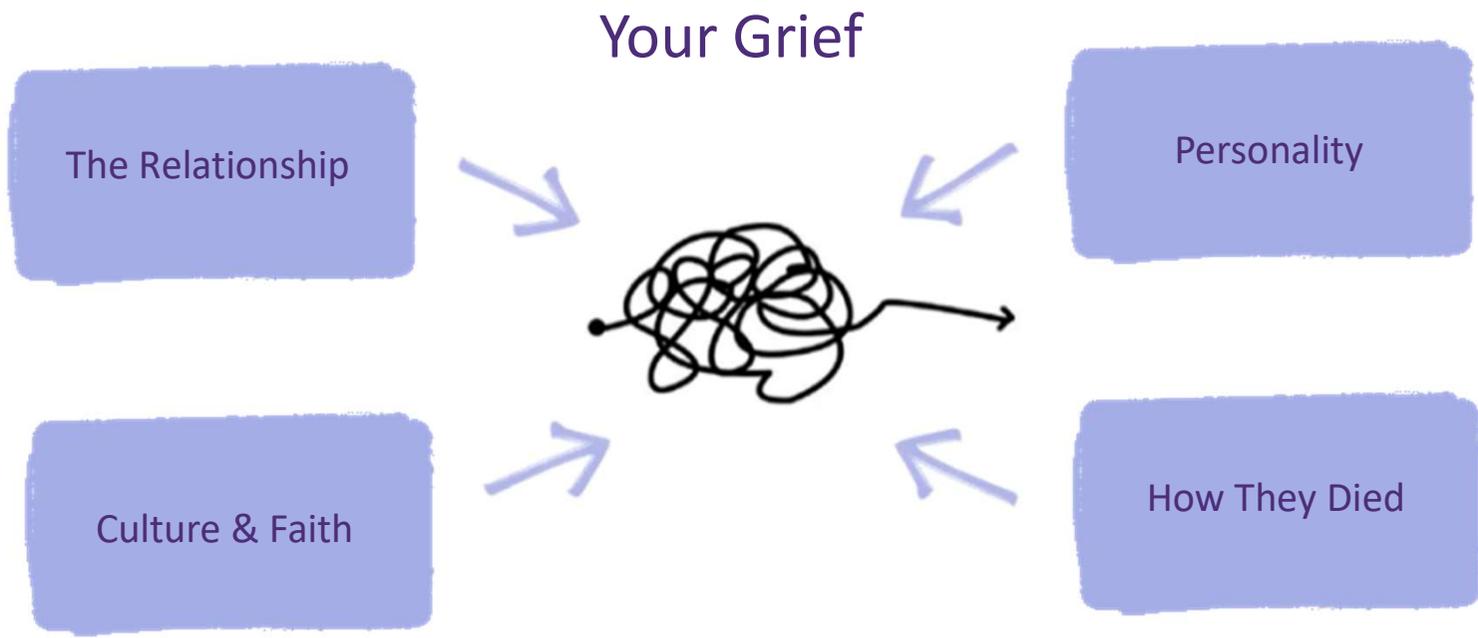
B

HOW GRIEF  
ACTUALLY  
WORKS



# Defining grief

It's unique, because it's shaped by many factors



# Defining grief

It can impact all aspects of our lives

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## Feelings

Anger	Helplessness
Guilt	Anxiety / Fear
Yearning	Tiredness
Numbness	Relief
Shock	Worthlessness
Jealousy	Sadness & Loneliness

## Behaviours

Sleep disturbance  
Searching  
Loss of appetite  
Sighing/crying  
Absent mindedness  
Dreams/nightmares  
Hyperactivity  
Treasuring objects  
Avoiding reminders

## Physical Sensations

Hollowness in stomach  
Tightness in the chest  
Tightness in the throat  
Breathlessness  
Lack of energy  
Dry mouth  
Oversensitivity to noise

## Thoughts

Disbelief  
Confusion  
Preoccupation  
Hallucinations

# Defining grief

It's a response to loss and it hurts

Addiction

Marriage

Going into hospital/residential home

Death

Body image

Relationships

Job move

Loss of senses e.g., blindness

Loss of culture

Missed opportunities

Loss of friends

Dementia

Burglary

Growing up

Poor mental health

Redundancy

Not having a baby

Life stages/  
transitions

Divorce

Retirement

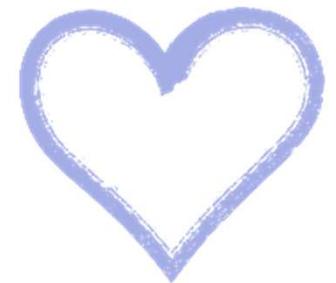
Moving house

"Grief is the price we pay for love"



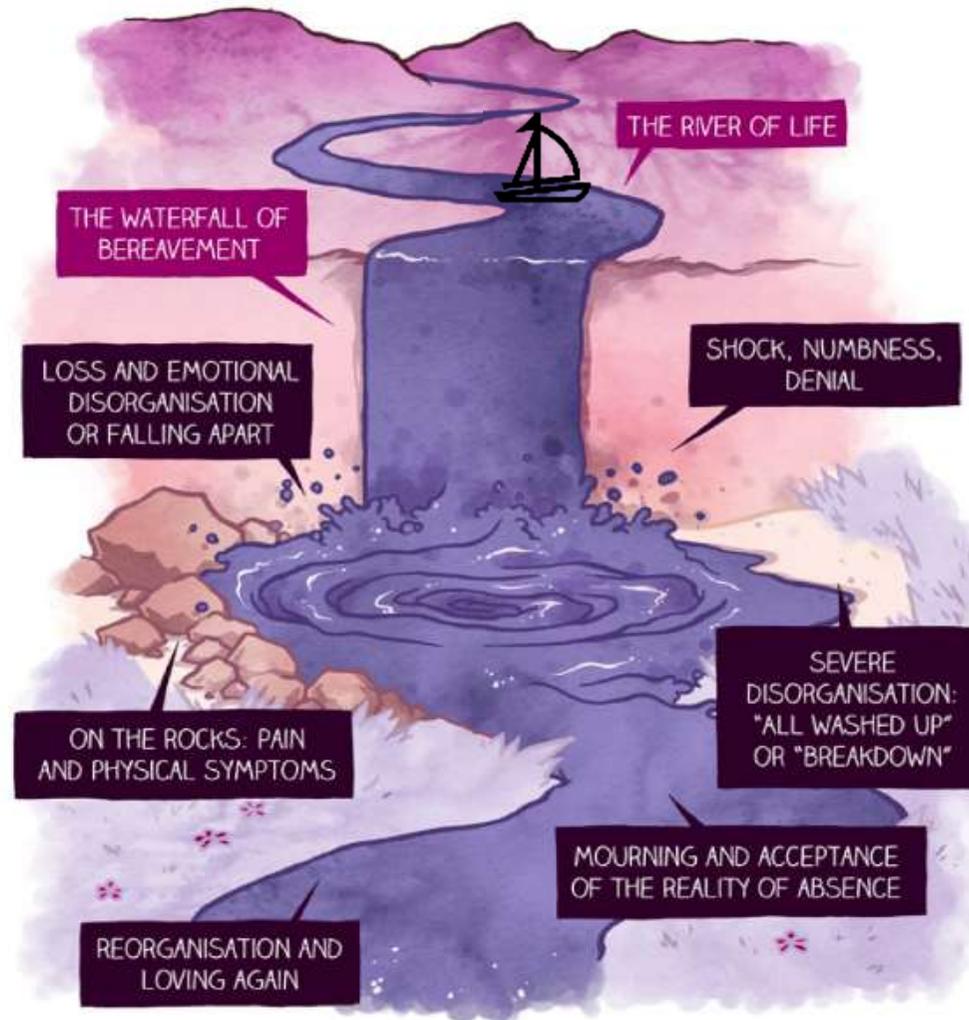
*"The pain of grief is just as much part of life as the joy of love:  
It is perhaps the price we pay for love, the cost of commitment. To  
ignore this fact, or to pretend that it is not so, is to put on  
emotional blinkers which leave us unprepared for the losses that  
will inevitably occur in our own lives and unprepared to help others  
cope with losses in theirs."*

- Dr Colin Murray Parkes



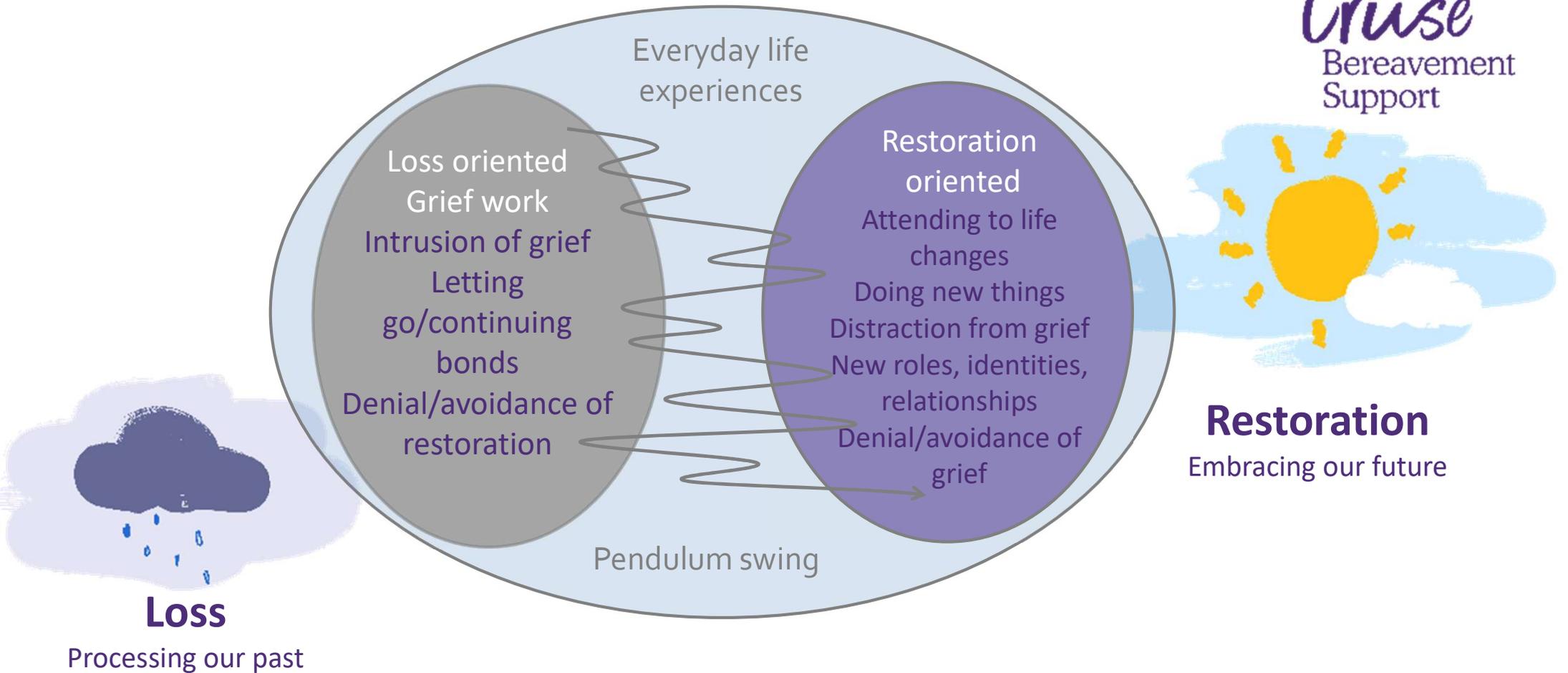
# Explaining Grief

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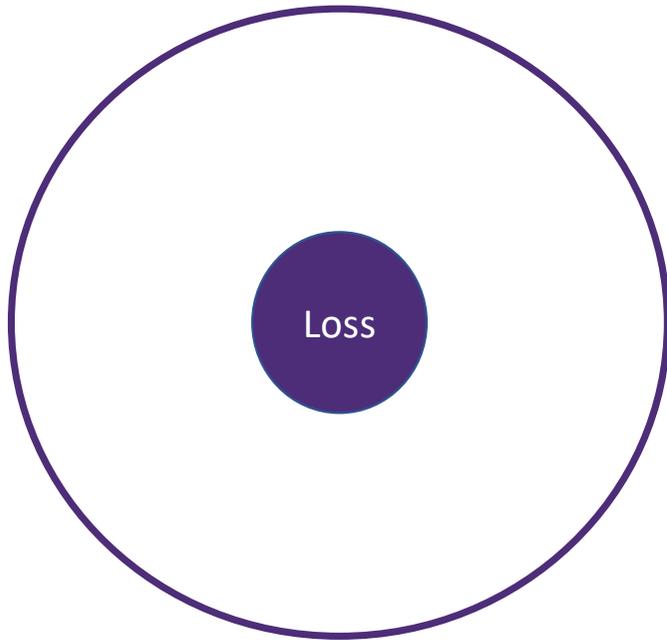
Bereavement is what happens to you: Grief is what you feel: Mourning is what you do.

# The Dual Process Model



Both dimensions must be worked through but cannot be attended to simultaneously. There must be oscillation between Loss & Restoration. By Margaret Stroebe and Henk Schut

The shape below represents us as a whole person



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When we start out in life we feel whole, living optimistically.

As we navigate through life we start to know and experience loss in many forms.

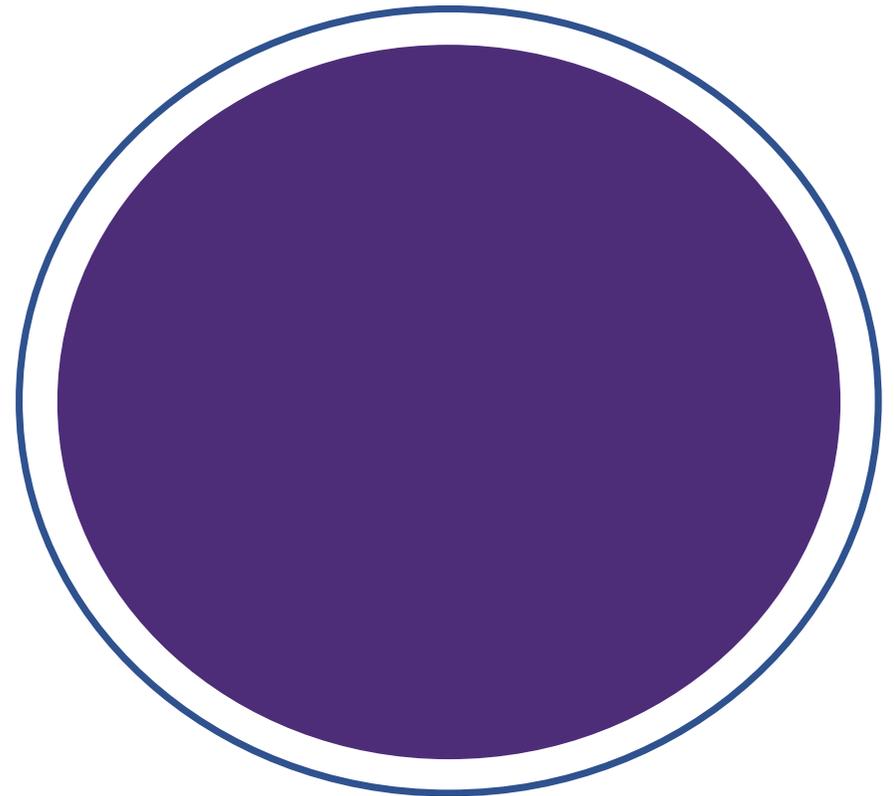
We carry these losses with us, we cope and carry on.

When we experience a bereavement

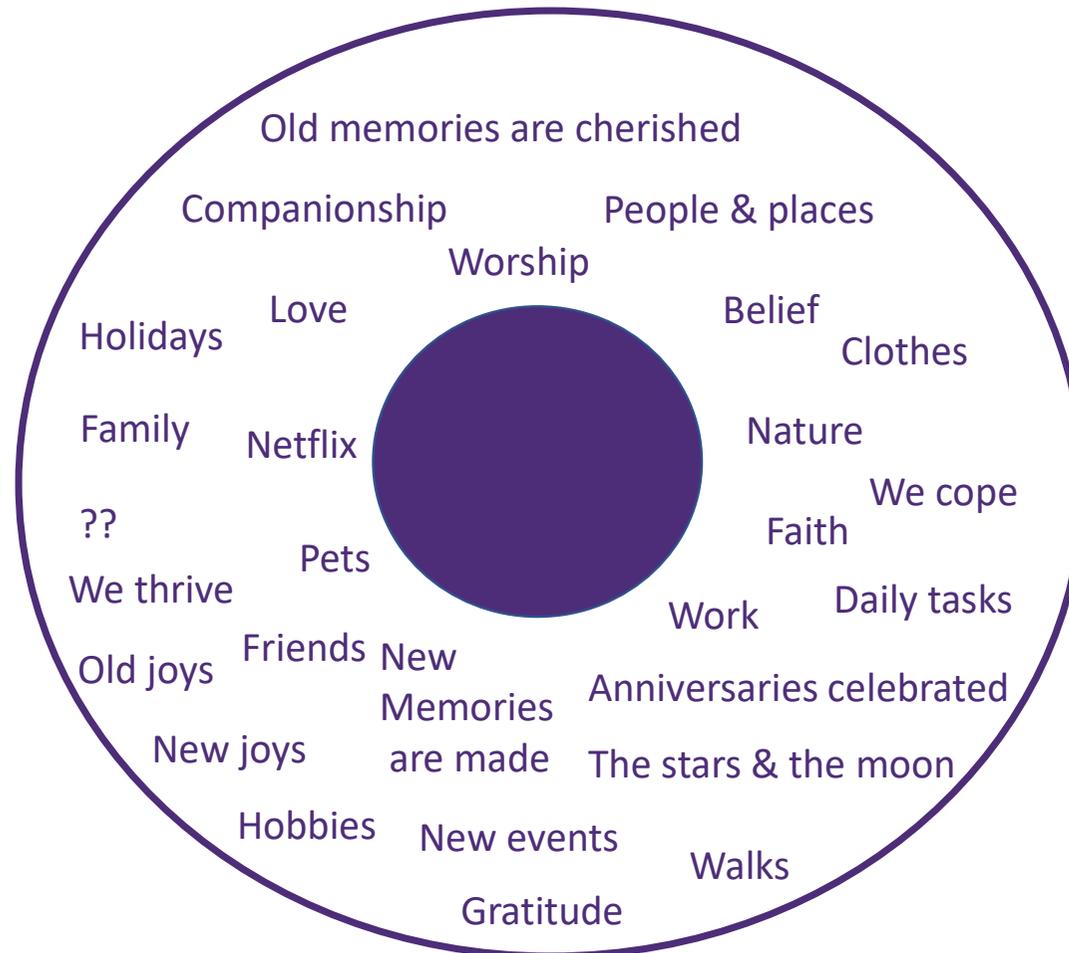
We can feel overwhelmed, our loss is huge, debilitating

We can be consumed by our emotions and find it difficult to complete daily tasks

This is grief

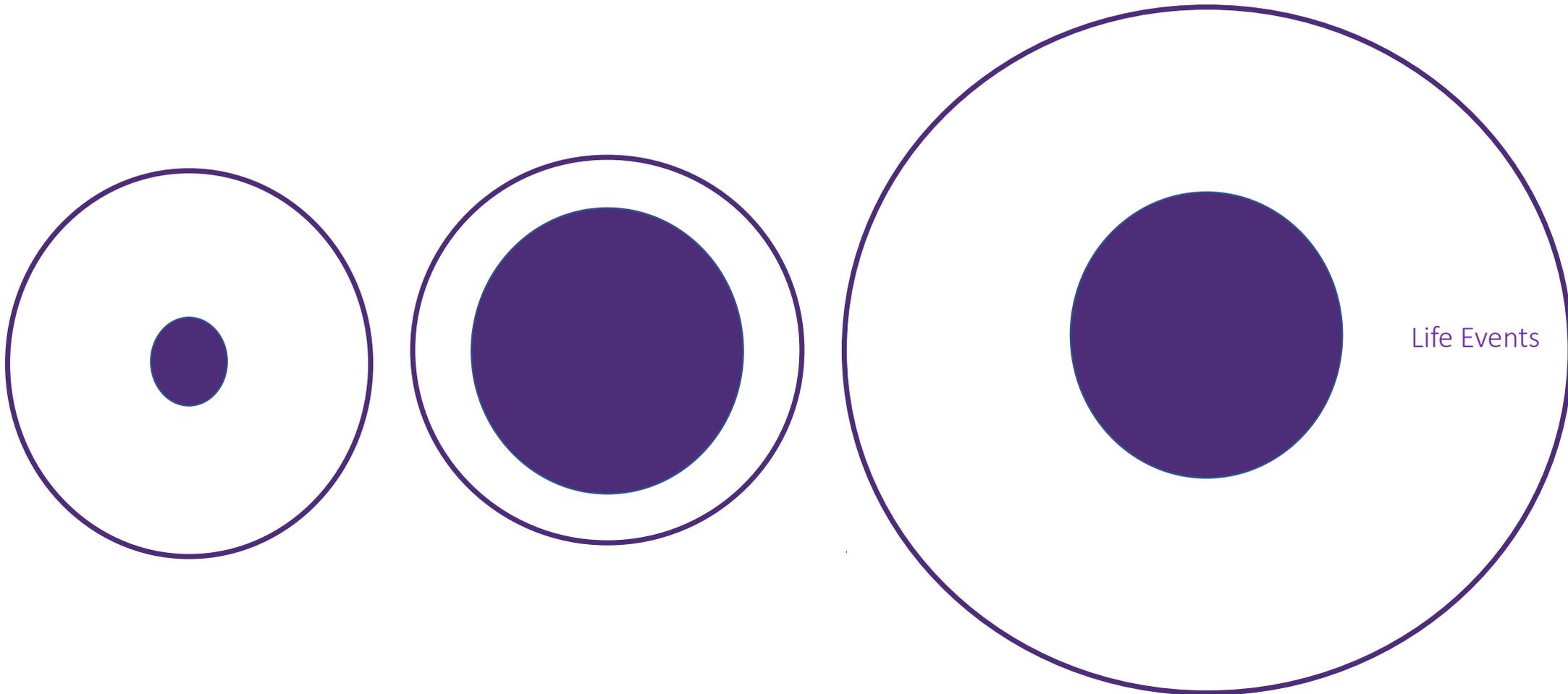


# Then something happens



Every day we wrap life events around our loss, and we become less overwhelmed, never forgetting, NOT moving on. Holding our loss becomes just a little easier.

This is known as the Lois Tonkin model



# What helps when grieving

Make time to grieve  
and reflect

Acceptance

Allocate a time or activity

Make a plan

# What helps when grieving – Continuing Bonds

## Grief is ongoing

It's normal to stay connected with loved ones and carry them with you through your life

Hold on to meaningful items

Have conversations with them

Visit places where you feel close to them

Keep photos of them

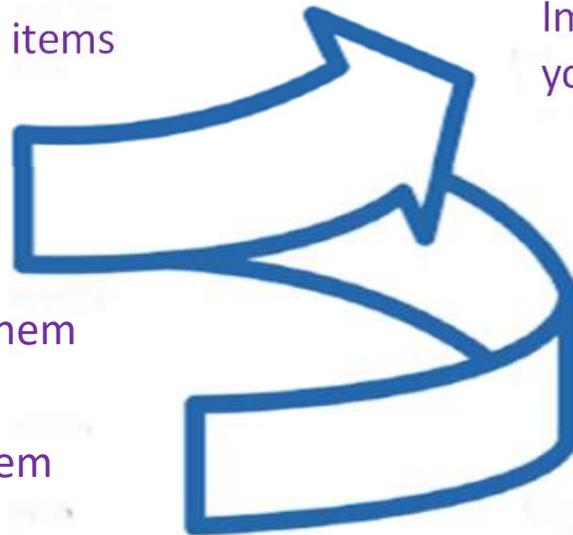
Invite them into events

Imagine what advice they would give you if they were here now

Tell new people you meet about them

Ongoing rituals to honour and remember them

Live a life they would be proud of



# What helps when grieving

Look after you, because  
grieving is hard.

Eating

Sleeping

Exercising

Routines

Engage with your  
thoughts and  
emotions.



Express yourself,  
on your own,  
or to others.  
Find what works for  
you.



Approach days that hold special meaning with care.

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Be prepared, but flexible.

Time off work?

On your own or with others?

Memories.

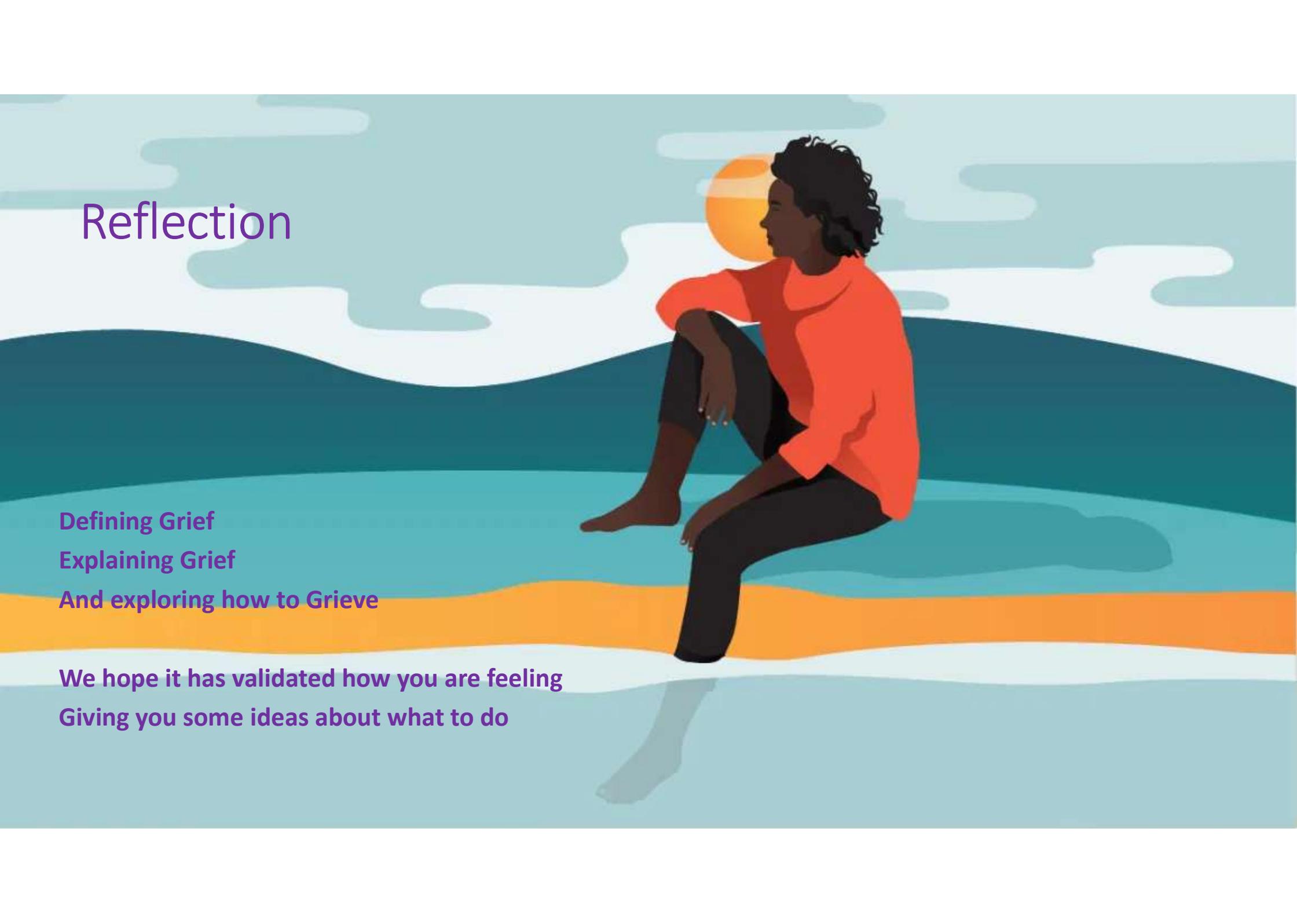
Visit a favourite place.



Try new things, because life has changed, and it's different now.



# Reflection

A stylized illustration of a person with dark skin and curly hair, wearing an orange long-sleeved shirt and dark pants, sitting on a beach. The person is looking out at the ocean. The background features a sunset with a large orange sun, light blue clouds, and dark teal hills. The foreground shows a sandy beach and the ocean with a reflection of the person in the water.

**Defining Grief**

**Explaining Grief**

**And exploring how to Grieve**

**We hope it has validated how you are feeling**

**Giving you some ideas about what to do**

The next steps?



Everyone needs to grieve in their own way

Reflect on today, think about what you have heard,  
review the materials

Visit our website [www.cruse.org.uk](http://www.cruse.org.uk)

Sometimes all we need is a little guidance

But what happens when...



If you feel overwhelmed

Helpline – Spontaneous Support

0808 808 1677

## Next steps - ongoing support

We suggest that you spend some time reflecting on what you have heard in today's session and how it might support you. In a few days you will receive a recorded copy of this presentation so you can listen to it as many times as you wish.

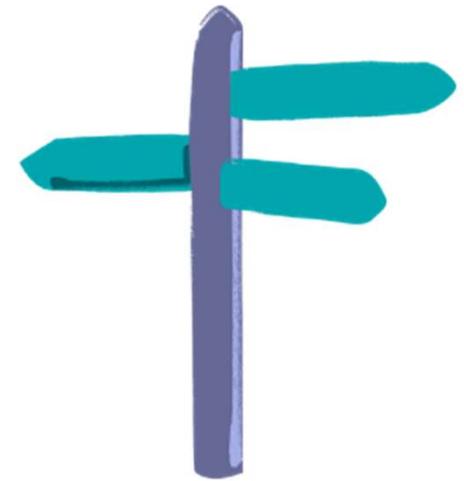
We are specialised bereavement volunteers and as we help with your grief sometimes things come up that require more in-depth help. If you find after a few weeks that you would like to speak to someone about what further support is available, please contact your local branch or the Cruse Helpline

You can use [this link](#) to find details of your local branch:  
[Support in your area - Cruse Bereavement Support](#)

If you contact the Helpline or Local branch, please tell them you have already attended a UYBO Session.

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Sometimes we need a little more help



# Remember...

There are many sources of support whilst you are waiting

- Family and Friends
- GP/Health Professionals
- Community/Faith Groups
- Other bereavement organisations
- Cruse online resources



# Energy Support



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It's important to look after yourself when you're grieving and that includes staying warm at home. The following services can help you maintain a safe and warm home.



## Better Housing, Better Health

Free, confidential and tailored energy support

[www.bhbh.org.uk](http://www.bhbh.org.uk)

Energy Helpline: 0800 107 0044



## Priority Services Register

Free support, including when there's an interruption to your utilities supply

[www.cruse.org.uk/get-support/what-to-do-after-someone-dies/priority-services-register/](http://www.cruse.org.uk/get-support/what-to-do-after-someone-dies/priority-services-register/)



## Citizens Advice

Advice on a range of energy issues

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Carbon Monoxide Safety

Carbon Monoxide safety is an important part of staying safe after a bereavement

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### What is carbon monoxide?

Carbon monoxide is a deadly gas. It can't be seen, smelt, or tasted.

It can be produced by faulty fuel-burning appliances including gas boilers, hobs, heaters and gas or wood burning stoves. Fitting a carbon monoxide alarm is a really simple way to help you stay safe.

You can find more CO safety information and tips [on our website here](#).

Thanks to our partners at SGN, if you're bereaved and live in their Southern Network, we can send you a free Carbon Monoxide alarm to help you stay safe at home. The list of eligible counties and London boroughs is below.

#### Eligible counties:

Berkshire, Dorset, Hampshire, Isle of Wight, Kent, Oxfordshire, Surrey, Sussex

#### Eligible London boroughs:

Bexley, Bromley, Croydon, Greenwich, Kingston, Lambeth, Merton, Richmond, Southwark, Sutton, Wandsworth



To request your alarm, please follow this link and fill in the request form: [Carbon Monoxide alarm request - Cruse Bereavement Support](#)

# Connect, Share, and Chat...



- We will be in the room to help facilitate the conversation
- Feel free to share and talk to the group
- 45 – 60 minutes
- It is a space created for you to speak
- Confidential
- Our duty of care to you

After this event, we will send you:

- A follow up form to complete
- A copy of these slides
- Some further reading

# Elephant in the Room by Terry Kettering



There's an elephant in the room.

It is large and squatting, so it is hard to get around it.

Yet we squeeze by with, "How are you?" and "I'm fine," and a thousand other forms of trivial chatter.

We talk about the weather.

We talk about work.

We talk about everything else, except the elephant in the room.

There's an elephant in the room.

We all know it's there.

We are thinking about the elephant as we talk together.

It is constantly on our minds. For, you see, it is a very large elephant.

It has hurt us all.

But we don't talk about the elephant in the room.

Oh, please say their name.

Oh, please say their name again.

Oh, please, let's talk about the elephant in the room.

For if we talk about their death, perhaps we can talk about their life.

Can I say their name to you and not have you look away?

For if I cannot, then you are leaving me.... alone....

in a room....

with an elephant.



You're not alone.

[cruse.org.uk](https://www.cruse.org.uk)

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