

Grief After A Bereavement

The pain of loss can feel overwhelming but there are healthy ways to manage your grief



G

Give yourself time to process your loss, there is no instant fix

R

Remember to be kind to yourself and look after your needs

I

Invest your energy in things you can change

E

Everyone's grief experience is individual, don't compare yourself to others

F

Find someone you can talk to about your feelings; a friend, family member or a counsellor

<https://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/>