

# Grief Awareness Week

2-8 December

**MENTAL  
HEALTH**  
FOUNDATION



What should we  
know about grief?

**1**

# There's no time limit

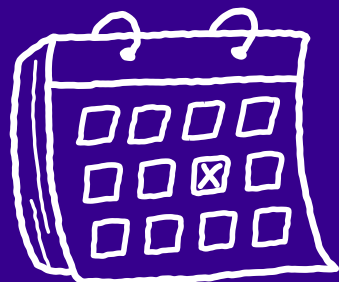
For some, feelings of grief will become easier to cope with over time.



For others, they may persist.



They may come in waves, or be triggered by life events or times of the year.



There's no set path, and how long and how you're affected is personal.

**2**

# There's no right way to grieve

You might need to be around friends.



You might need to be alone.



You might want to use art, music, or writing to help process your emotions.



However you cope, it's all valid.

3

# There are ways to manage grief



Feel your feelings. Remind yourself that with any loss or change, difficult feelings will follow.



Whatever brings you some joy, find time to do it and give yourself permission to enjoy it.

Take care of your body. Try to get a good sleep and do some daily movement.



# 4

## How to support someone who is grieving

### Go at their pace

Try not to have expectations about what you think they should be feeling or doing.

### Listen

It's ok if you don't know what to say, just listening to what they're feeling is important.

### Help with practical things

They may need help organising a funeral if the death is recent. Later, if they're having a hard time why not offer to cook a comforting meal?