

There are a range of bereavement support services available to you and your family both through Te Omanga Hospice and your community.

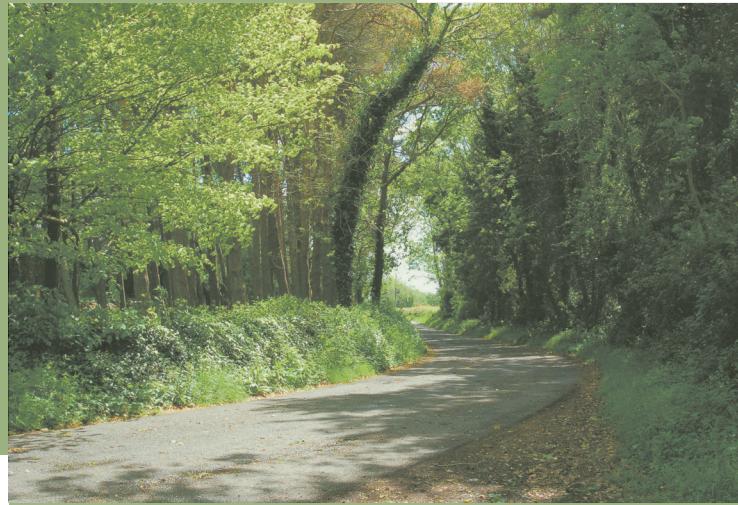
You can expect a telephone call from one of our bereavement volunteers in about 6 weeks time.

If you would like assistance or information about bereavement support, or you would like to talk with our Bereavement Counsellor or family support co-ordinator please feel free to phone Te Omanga Hospice at any time.

*Although one journey  
may be finishing  
The journey for you  
will continue*



Te Omanga Hospice  
*Te Whare Manaaki Tangata*



## WHEN SOMEONE YOU LOVE HAS JUST DIED

### Te Omanga Hospice

136 Woburn Road, PO Box 30814, Lower Hutt 5040  
Telephone (04) 566 4535, Facsimile (04) 566 1548

[www.teomanga.org.nz](http://www.teomanga.org.nz)

## **Bereavement and grief is a personal journey, never the same for two people and as unique as your life and your relationships**

During the next few days and weeks you may find yourself experiencing strong emotions such as:

- Deep sorrow and despair
- Shock and numbness
- Anger
- Resentment
- Guilt
- Confusion
- Overwhelmed
- Frightened and panicky
- Relieved
- Alone

As well as strong emotions, especially in the first few weeks, you may feel the loss in your body (physically). You may feel cold, tense, breathless, restless, exhausted and shaky.

You may find it hard to get to sleep or to stay asleep, You may also feel sick in the stomach and lose your appetite.

Any of these emotions and physical sensations, or others you may experience are normal, but if you are worried talk with your GP, Minister of religion, a family member, friend or support person.

As the days progress you may feel as if you are in chaos, mentally, emotionally, spiritually and physically. Prior to the funeral you may be called upon to provide information, support and comfort to others and make decisions beyond what you would normally do.

Your participation in planning the farewell service for your loved one is an important step in helping you come to terms with the reality of your loss and celebrate the life of someone special to you. The funeral helps you share your grief with others who are grieving and to comfort one another.

### **You may find it helps to:**

- Talk about how you are feeling and what has happened
- Cry
- Share memories and prepare to share these memories as part of the funeral/ceremony of celebration of your loved one's life
- Pray, meditate or do things that sustain your beliefs/spiritual self
- Allow others to support you and provide helpful and practical assistance
- Remind yourself that there is no prescription or map as to how to get through this time

Everyone is unique, each individual within your family will mourn and grieve differently and this is OK

**Remember death ends a life  
but it does not end a relationship**

*Partnership Compassion*

*Professionalism Dignity*