



# lost?

**If you want to talk to someone:**

**Woodside Bereavement Service**  
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Registered Charity 1041666

**If you need to  
talk to someone...**

- Are you feeling down, grieving the loss of someone you cared for?
- Are you wondering if these feelings and your reactions are normal?
- Are you feeling out of control or is everything just passing you by?
- Do you wish you could make sense of it all but feel it's just all too much?

It's O.k! It's normal! You are not going mad! Grief is the natural but bewildering result of losing someone. There is no right or wrong way to grieve. Everyone's experience is different because we are all unique. Grief may come and go.

**At times you may feel:**

**Angry.**

**Guilty.**

**Lonely.**

## Signposts along the way

### **Give yourself time**

grief may take longer than you think.

### **Give yourself space**

once in a while you will need to take a break. Grieving is hard work.

### **Try to remember, try not to forget**

good memories should be treasured.

### **It's O.K. to ask why**

but you may not always get an answer.

### **Ask for and accept help**

talking can help put things into perspective.

### **Don't get caught in the 'if only' trap**

learn what is really important and keep that safe.

### **Loss is inevitable but recovery is a choice -**

take responsibility for your own happiness.

