



Grieving the love of a lost one

Unfortunately we all lose a loved one eventually. It doesn't matter if you expected the loss or if the news came out of the blue, losing a loved one is a shock to the system. Everyone grieves in their own way. Although some of the people around you might have ideas about how and how long you're supposed to grieve, grief is intensely personal.

However you grieve, mourning is an important part of coming to terms with your loss. To help you through this difficult time, we have some general tips about dealing with the loss of a loved one.

Seek counselling if you need it

If your grief is overwhelming or interferes with activities of daily living, make an appointment with a counsellor therapist for help to work through your grief. It's a sign of strength, not weakness, to seek help.

Look after yourself

Take the time to eat and try to sleep. If you're too stressed to sleep, just rest with your eyes closed and leave your watch alone. Checking what time it is, keeps reminding you that you're not asleep yet and can increase your stress. Accept offers of help, you don't have to do everything yourself.

Don't make big decisions while you're grieving

Grief can affect your ability to make good decisions. If you can, don't resign, move or make financial decisions right away. If you have no choice, ask people you trust for their input.

Give yourself time

It can take a while to adjust to the loss of a loved one. Be gentle with yourself if your life does not return to normal after a few weeks.

