

# Bereavement

Bereavement is a uniquely personal event. However, there are a range of common experiences that people go through following the death of someone they care for. Grief, and the grieving process, is a normal reaction to bereavement and can vary significantly from person to person– there is no ‘right’ way to grieve.

## What is grief?

Grief is a normal reaction to loss. This could be the loss of a loved one or pet, or the change experienced when moving house, leaving home or switching job.

## What does grief feel like?

Just as a physical injury takes time to heal, so does a significant loss. Grief is the healing process that you need to go through to return to your normal lifestyle.

**You may feel:** shock, numb, disbelief, guilt, anger, loneliness, helplessness, tiredness, fatigue, deep sadness, anxiety, relief, yearning, confusion. You could feel some or all of these emotions at different intensities.

Grief can be frightening and you might feel out of control, or that you are going mad. You are not. If you allow yourself to face your feelings, you are more likely to recover quicker.

There is no deadline for grief: even if you allow yourself to heal, it can last months or years. Some days will feel worse than others but it will get better eventually.

## What we offer

- Togetherall – online support network
- Same day appointments (email to book)
- Bookable appointments(email to book)
- Counselling
- Workshops and groups

## What can you do to help yourself?

**Talk to trusted friends and family.** Speak to others about your feelings and allow them to offer you support.

**Let your course tutor/s know.** It might save misunderstandings if your work begins to suffer.

**Express your feelings.** It’s okay to cry!

**Don’t cut yourself off from your social life.** Though you may wish to be alone, it’s important not to isolate yourself completely. In time, this can add to your negative feelings.

**Seek support.** Ask for help, either from a trusted friend or family member. Access support from the Wellbeing Service and meet with a Wellbeing Advisor or Counsellor. Talking to someone about how you are feeling can be very useful in helping you to process your feelings and thoughts.

**Keep healthy!** Eat well, take regular exercise and get plenty of rest. Taking time to look after yourself can benefit both your body and mind.

Wellbeing and Disability Services also run support groups specifically aimed at those struggling with bereavement. You can find full details of these on our website.

## Get help

**Self-help:** [hud.ac/k4o](http://hud.ac/k4o)

**In person:** Wellbeing and Disability Services, Level 4, Student Central.

**Email:** [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) **Tel:** 01484 471001 **Web:** [hud.ac/wellbeing](http://hud.ac/wellbeing)