Let’s Talk

A Bereavement Program Offered Through Bethesda

Why do people die?

Some people get very old and die.

Some people die after an accident.

Some people die because they are very sick.

But not all people who get sick die. Most people get well.

When people are alive they can:

- Breathe
- Communicate
- Move
- Feel
When people are dead they:

- STOP Breathing
- STOP Communicating
- STOP Moving
- STOP Feeling

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A Funeral

- It is a get-together when someone dies.
- People come together to remember and talk about the person they loved.
- They usually sing songs and say prayers.

It usually helps to go to the funeral, but it is OK if you don’t want to go.

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When someone dies you may have many different feelings. You may feel:

- Sad
- Like you did something wrong
- Angry
- Upset
- Lonely
- Confused
Your thinking may change. You may:

- Find it hard to concentrate
- Feel confused
- Find it hard to make decisions

You may have thoughts, like:

- "It's not true"
- "Why me?"
- "I feel scared and lonely."
- "I will never get over this."
- "Am I always going to feel like this?"

You may behave differently. You may:

- Spend time on your own
- Get angry with others
- Lose interest in things
- Eat less
- Eat more
- Sleep less
- Sleep more
Your body may be affected. You may:
- Get headaches
- Feel pain
- Feel sick
- Find it hard to breathe
- Feel tired

During grief it's normal to have these feelings, thoughts, behaviours and bodily sensations.

Give yourself time and you may start to feel better.

It's OK
It's OK too:
- Have lots of different feelings
- Cry
- Talk about it if you want
- Not talk about it if you don't want
Special days:
You may feel sad on special anniversaries and special days like Christmas and Birthdays.

It's ok to have sad days.
Give yourself time.
It usually gets easier.

Change creates loss
The pain from loss is called grief.

Grief comes and goes
Like waves in the ocean.

There will be sunny times and dark times!

Everyone has lots of different feelings!
They are all ok! Feelings change.

Happy
Sad
Angry
Afraid
Gwilty

Draw some feeling faces... (feeling after show or face)
Many People care about me

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Add names and place numbers in “caring circle.”

Other ideas that may help:

- Accept that you are going through a hard time.
- Go on doing the things you normally do. But take a break if you need it.
- Try not to make big decisions when you are feeling a lot of grief.
- Tell someone about any fears or worries you might have.
- Do things that give you comfort, like visiting the cemetery or a place that holds special memories.