

**Let's Talk**

A Bereavement Program Offered  
Through Bethesda

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**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. 

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

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8.2.1


**When people are alive they can:**

 Breathe

 Communicate

 Move

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 Feel

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3

**When people are dead they:**

-   Breathing
-   Communicating
-   Moving
-   Feeling

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4

**A Funeral**



-  A funeral is a get-together when someone dies.
-  People come together to remember and talk about the person they loved.
-  They may 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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5

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

-  Sad
-  Like you did something wrong
-  Angry
-  Upset
-  Lonely
-  Confused

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6

**Your thinking may change.**  
You may:

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

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7

**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?"

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
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8

**You may behave differently.**  
You may:

-  Spend time on your own
-  Get angry with others
-  Lose interest in things
-  Cry more
-  Eat less
-  Eat more
-  Sleep less
-  Sleep more

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9

**Your body may be affected.**  
You may:

-  Get headaches
-  Feel pain
-  Feel sick
-  Find it hard to breathe
-  Feel tired

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10

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



**Give yourself time and you may start to feel better.**

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11

**It's OK**  
It's OK to:

-  Have lots of different feelings
-  Cry
-  Talk about it if you want
-  Not talk about it if you don't want

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12


**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.

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Change creates loss  
 The pain from loss is called grief

Loss) shock & denial  
 confusion and painful feelings  
 healing & growth

Grief comes and goes  
 Like waves in the ocean



There will be stormy times and calm times!

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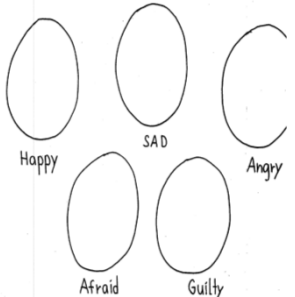
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Everyone has lots of different feelings.<sup>19</sup>  
 They are all OK! Feelings change.



Happy SAD Angry  
 Afraid Guilty

<sup>20</sup> Draw some feeling faces... (feelings often show on faces)

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Many People care about me 15

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_  
8. \_\_\_\_\_

List names and place numbers in "caring circle".

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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.

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