






Coping with Bereavement

	<p>Life</p> <ul style="list-style-type: none">• Everyone is Born• We grow up and age• And then we die.
	<p>When do people die?</p> <ul style="list-style-type: none">• When they get old• After an accident• When they are very sick.

	<p>Coronavirus is an illness that can make some people very sick.</p> <p>Coronavirus can make some people die.</p>
	<p>When someone dies you might feel very sad.</p> <p>You might also feel:</p> <ul style="list-style-type: none"> • Shocked • Angry • Lonely • Confused • Scared and worried.
	<p>You might have difficult thoughts such as:</p> <ul style="list-style-type: none"> • This is not true • Why me? • I did something wrong. • I will always feel like this



You might behave differently:









- Cry a lot
- Feel tired all the time
- Find it hard to think clearly
- eat too much or too little
- want to be on your own.
- not want to do the things you used to do
- feel unwell



When someone dies of coronavirus It may be difficult for you. You may:

- not have been able to spend time with the person
- not have been able to be with them when they died.
- worry more people you know may die.
- worry you will become ill and die yourself
- feel shocked if someone has died suddenly

All of these things can make you worry more

   	<p>Things that can help:</p> <p>Talking:</p> <ul style="list-style-type: none"> • to others over the phone • to people who have also lost a loved one • about how you feel. • about your memories of the person who died with someone. <p>You can think about what you would say to the person who died and what they might say to you.</p> <p>You may feel sad on special days like birthdays and Christmas.</p> <p>Its ok to have bad days.</p>
   	<p>Remember to keep looking after yourself by doing activities:</p> <ul style="list-style-type: none"> • that you need to do , such as cleaning and tidying. • you like doing, such as art or gardening. • Such as exercise, such as going for a walk. • Relaxing by listening to music or having a bath • Trying a new hobby • Eating healthy food



How people can help you.

- They can talk to you over the phone
- Talking about how you feel can help.
- Ask people to help you make a memory box.

A memory box is a box full of photographs and the persons favourite things which you can look at to remember the person.

It is important if:

- you feel very upset or angry towards family and friends.
- You no longer want to do the things you used to do
- You want to hurt yourself
- You are drinking more alcohol than usual (Alcohol will make you feel sadder and more worried)

Ask to talk to your GP, 111 or Samaritans.