**Coping with Grief**

“**Grief** is **like the ocean**; it comes on **waves** ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”

Bereavement is the experience of losing someone important to us, whether it is a partner, friend, family member or pet. It is the process of emotions we go through, as we adjust to life, After this loss, known as grief.

We all experience grief in our own way, and understanding there is no right or wrong way to feel. It is very normal to go through a range of physical and emotional processes until we gradually come to terms with our loss.

When we lose a loved one, the pain we experience can feel unbearable. Understandably, grief is complicated and we sometimes wonder if the pain will ever end. We go through a variety of emotional experiences such as anger, confusion, and sadness.

Understanding the grief process and the common stages of the grief cycle can be really helpful - so it can be a good idea to familiarise yourself with these and keep them in mind during the periods when difficult feelings come up. The five stages of grief are; Denial, anger, bargaining, depression, and finally acceptance. You may find yourself at any of these stages or proceed to go through them all. This is ok, and all part of your healing.

It is also very important to talk through our grief with the people around us or someone you feel comfortable. Letting out your thoughts and feelings is a good way of releasing some of the emotional upset you feel.

Here are some links with more information on coping with grief

**Liverpool Bereavement**

[www.liverpoolbereavement.com](http://www.liverpoolbereavement.com)

**The Compassionate Friends**

**0345 123 2304**

[tcf.org.uk](https://www.tcf.org.uk/)

Provides support to bereaved families after the death of a child.

**Cruse Bereavement Care**

**0808 808 1677**

[cruse.org.uk](https://www.cruse.org.uk/)

Information and support after a bereavement.

**The Swan Centre Liverpool**

Offering person-centred counselling

**0151 933 3292**

**Samaritans**

**116 123**

[samaritans.org](http://samaritans.org)

**The Woodlands Hospice**

<https://www.woodlandshospice.org/bereavement-suppory-adult>

0151 529 2299