

Change and Loss

The Simple Facts of Change and Loss

- They are a part of life
- They are natural and inevitable
- They bring both positive and negative effects
- They can be a catalyst for growth

“Seasons are like our grief. Seasonal change is often silent, gradual, and unseen. And remember, no season lasts forever.” - Unknown

The Impacts of Grief

Grief impacts all the parts of ourselves:

- Physical
- Social
- Emotional
- Mental
- Spiritual

We can question our core values and beliefs; we can struggle to move or to keep still. It's conflicting, it's overwhelming and it can be debilitating. But above all, it's hugely unique to each individual, so go easy on yourself. There is no right or wrong way to grieve.

“Tears are the words the heart can't express.” - Anonymous

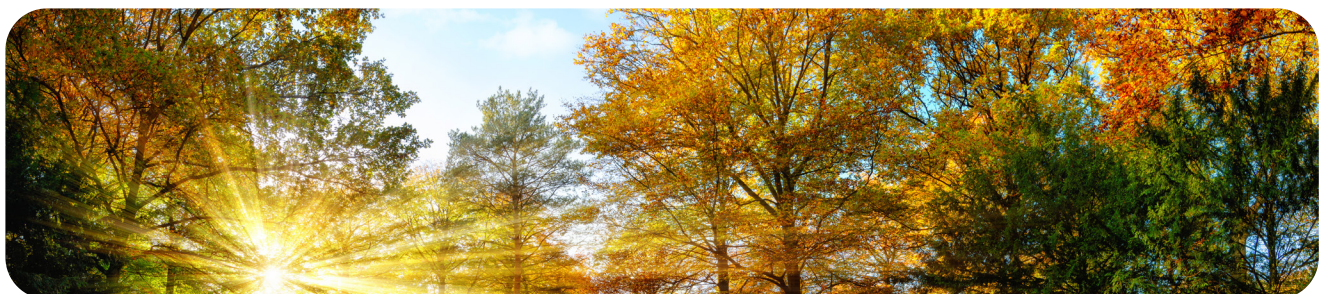
A few strategies to help:

When you feel that your 'if only' thoughts are overwhelming your thinking, try focusing on the 'I can...' things that you can do right now.

Be connected in with others – **MCM Bereavement Support** (walking groups, education sessions and one to one support) is a good start for this. Being with others who are also trying to figure out how to do life when someone close to them has died, can be a balm.

When you've struggled with really hard times, or the loss of people you care about, what previously helped you back then to get through the grief? Can you use any of those strategies today?

Remember grief isn't about forgetting. It's about finding ways to remember.



“When something enters your life that is so big and so non-negotiable... you either go in denial for a while, or ultimately you accept and you make space for it. And in making space for it, you illuminate a lot of things that you normally don't have room for... you simply just look at the world differently.” - Michael J Fox