

Grief

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What is grief?

- * Intense sorry which can be caused by the death of someone special in your life.



How do you feel when someone you love dies?

All your feelings are completely normal. They won't last forever. Even if right now you think they will.





When someone you love dies it is a bit like a ship wreck. The ship that was the person you loved has sunk...

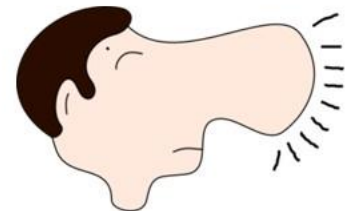
...and you are trying to
stay afloat in the water.



All around you there are bits of the ship wreck. These are all the things that remind you of the person that has died. It might be a photograph, a song, a smell, a memory, a physical item such as a hat or walking stick. It could be anything.

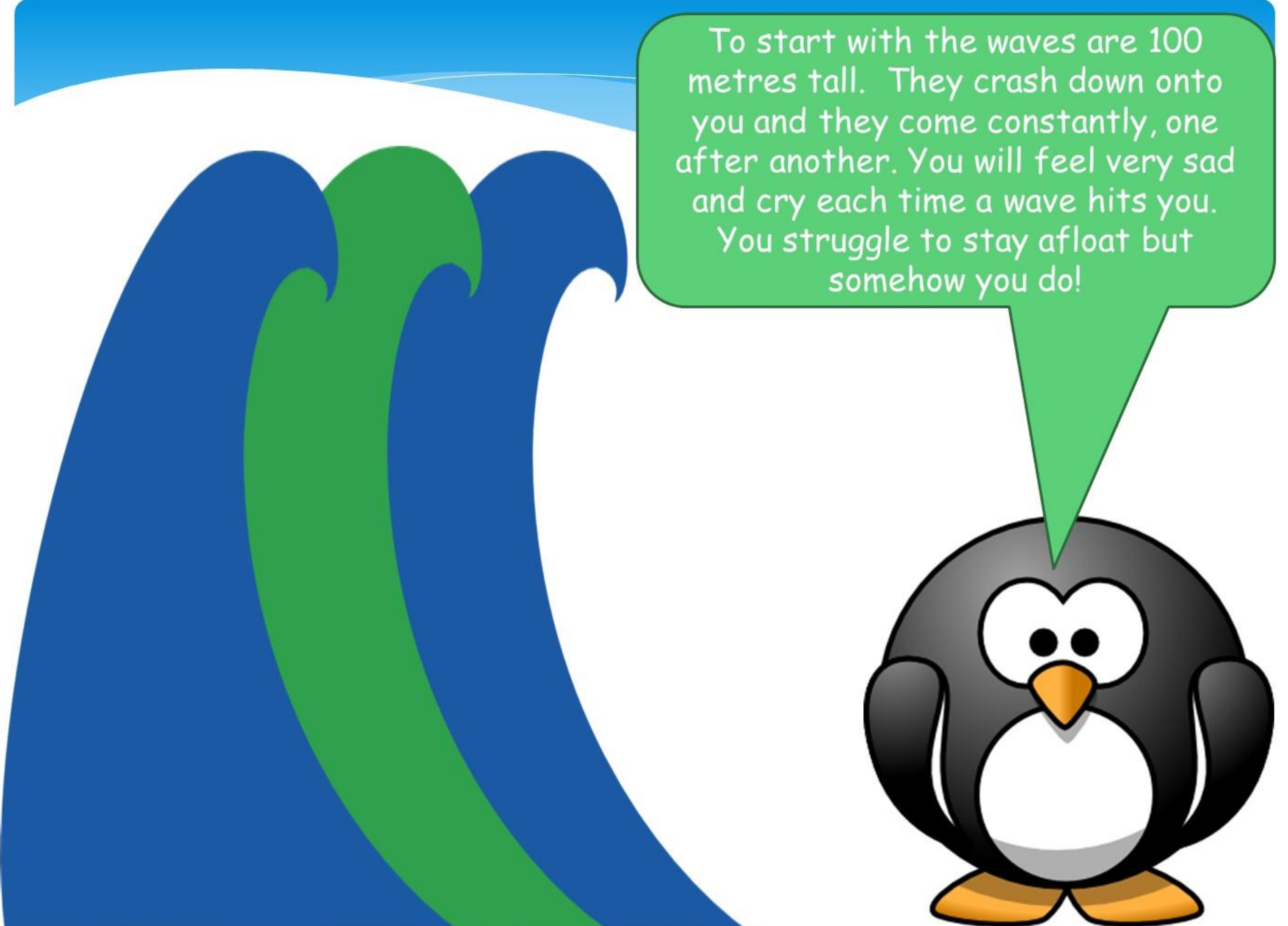


Memories



You might find that it helps to hang onto something such as a photograph, another person or a memory for a while. It helps to keep you afloat.



A cartoon penguin with a grey body, white belly, and orange beak and feet stands on the right side of the image. To its left is a large, stylized wave with a blue outer curve and a green inner curve. A green speech bubble points from the penguin's head towards the text.

To start with the waves are 100 metres tall. They crash down onto you and they come constantly, one after another. You will feel very sad and cry each time a wave hits you. You struggle to stay afloat but somehow you do!

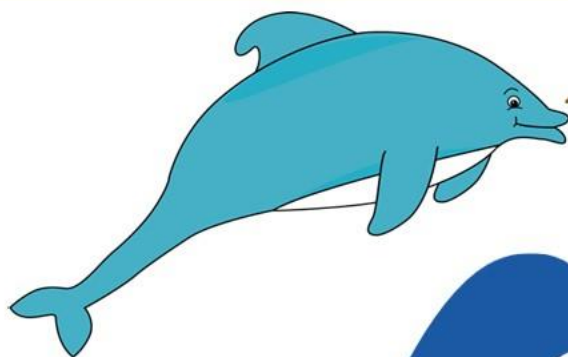


After a little while you find that the waves get a bit smaller. They are 80 metres tall and they don't come quite as often. They make you feel sad but perhaps not as sad as when they were coming constantly. You will find that you can do things in between these waves. You can play, learn, enjoy yourself.

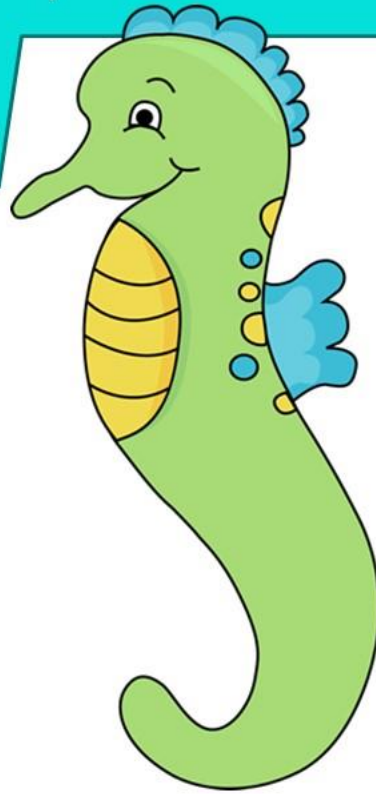


Then they are 60 metres tall and they come even less often. It might be anything that triggers these waves. It might be a photograph, a song, a memory or a smell. It might be something really silly but it doesn't matter.

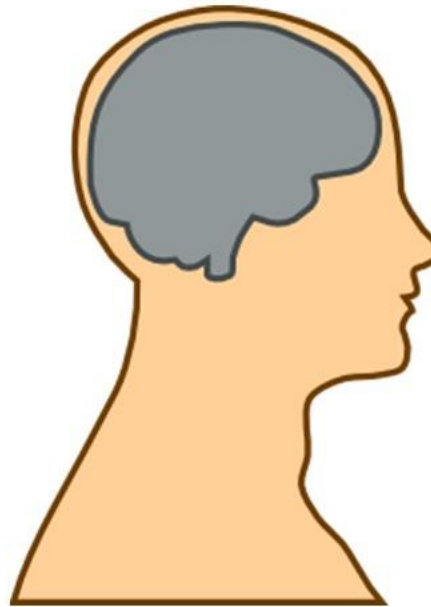
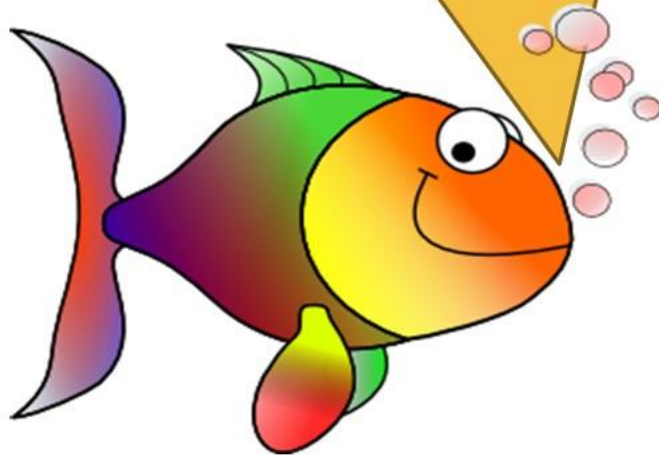
Anything can trigger those waves. Anything that reminds you of that person. When they do come you will still feel upset and sad but you know you survived the other waves so you will be just fine!



In time, and everyone is different with this you will find the waves will come sometimes. You may see them coming such as when it is your loved ones birthday or special times like Christmas or anniversaries. You will be upset and sad but you will know that you survived all the other waves so you will survive these too.



You will always remember your special person. They are there in your hearts and in your minds. You will always love them but you won't always feel so sad. One day you will realise that you are smiling over a memory of your special person. You survived the waves and even though occasionally they might come you will know how strong you are and that you can survive them all. You are allowed to be happy. Your special person would want you to be happy. Smile and think about all the lovely memories you have of your special person.
Be happy!



Credit

Created by Debbie Palphreyman in memory of her mum who died 19th August 2015 in the hope it may help a child suffering from grief.

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