



# Coping with Bereavement

# Life R.I.P

- Everyone is Born
- We grow up and age
- And then we die.

#### When do people die?

- When they get old
- After an accident
- When they are very sick.





Coronavirus is an illness that can make some people very sick.

Coronavirus can make some people die.



### When someone dies you might feel very sad.



You might also feel:



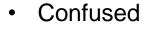
Shocked



Angry



Lonely



• Scared and worried.



## You might have difficult thoughts such as:

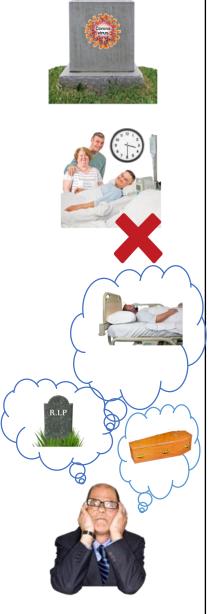
- This is not true
- Why me?
- I did something wrong.
- I will always feel like this





### 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













#### Talking:

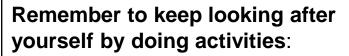
- to others over the phone
- to people who have also lost a loved one
- about how you feel.
- about your memories of the person who died with someone.

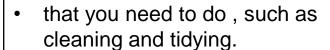
You can think about what you would say to the person who died and what they might say to you.

You may feel sad on special days like birthdays and Christmas.

Its ok to have bad days.









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











- 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.