



Grief/Tāmitanga kahu tara

Adapted from www.lifeline.org.au info and <https://www.healthline.com/health/stages-of-grief#order>

This resource is for people experiencing grief/tāmitanga kahu tara who want further information and support to heal after loss.

Grief is a normal and expected part of life. It is a reaction to loss like losing a whānau member, an aspect of self, whānau or community. This may include the passing of a loved one, loss of significant relationships, a part of ourselves, or the impact of mental health and physical health challenges experienced by whānau.

Each person differs in how they heal after loss and the time needed to mourn and adjust. It is a personal and individual experience. There is no “best way” to grieve a loss and manage feelings to reduce the pain.

You don't have to do this alone. Seeking support from your whānau, friends, GP or health professional can help share your experience and give you a chance to reflect on who or what you have lost. Remembering good times and stories can help you feel close to others. If you feel overwhelmed or just want to talk, call or text **1737** or check out the support options at the end of this document.

Common expressions of grief

People express grief in different ways. The following are some behaviours and feelings.

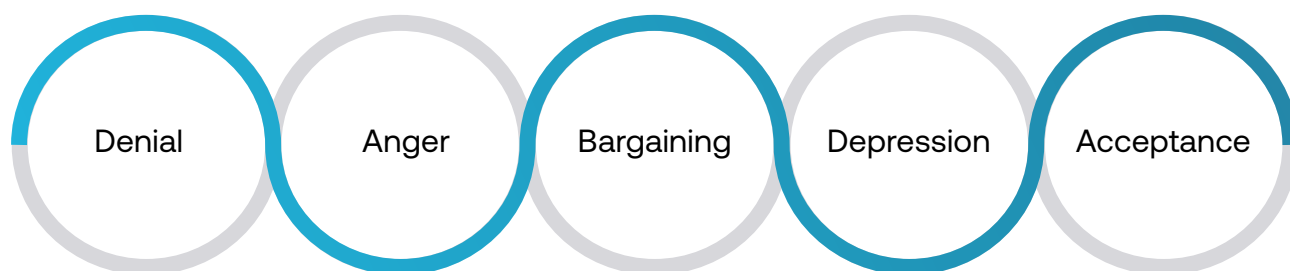
- › Feeling intense emotions like crying/tangi, anger/riri and guilt/kaniawhea.
- › Feeling something could have been done to prevent the death or loss.
- › Having difficulty sleeping or experiencing physical pain.
- › Having difficulty concentrating and maintaining daily tasks and routines.
- › Losing interest in eating kai.

Coping with grief

Although grief can be painful, and people may still mourn their loss, they eventually adjust and resume most aspects of their life.

Grief is often described as having several stages. People will experience these differently and may not go through them in this order.

Denial	State of disbelief that enables you to process the news and gradually absorb it.
Anger	Strong feelings that the loss is unbearable that may result in lashing out at other people.
Bargaining	May include a lot of “what if” and “if only” statements and telling a higher power you’ll do anything for relief from these feelings.
Depression	May be a period of isolation and loneliness where you process and reflect on the loss.
Acceptance	Gradual acceptance, coming to understand what it means for your life now and hope.



Coping with grief and loss

People cope with grief in different ways. Below are some suggestions to help find out what works for you.

- › Being with or learning about others who have lived through similar experiences can reduce isolation, help people feel connected and understood, and provide a way forward. This may include engaging in counselling or attending groups with others who have experienced a recent loss.
- › Eating healthy kai and physical activity helps with overall wellbeing/wahi oranga and sleep/moe.
- › Mindfulness and being present in the moment helps improve wellbeing. Take time to breathe, rest, meditate or focus on the natural environment around you, like trees or birds, or walk barefoot. Hold your focus on a comforting object.
- › You don’t have to do this alone. Seeking support from your whānau, friends, GP or health professional can help.



Adapted from <https://www.mhpcolorado.org/boulder-strong/cg-6-ways-to-cope-with-grief-and-loss/>

Further support and information

Support

- › If you are feeling down, anxious, a bit overwhelmed or just want to talk to someone, call or text **1737**.
- › Victim Support offers support to people who have been affected by crime, trauma, or suicide | **0800 842 846 24** | <https://victimsupport.org.nz/> | <https://victimsupport.org.nz/sites/default/files/2021-01/Coping%20with%20Trauma.pdf>
- › Grief Centre offers counselling, professional services, resources, and information to people of all ages experiencing significant loss | **(07) 578 4480** | www.griefcentre.org.nz
- › Together offers a place for bereaved parents to get peer support | <https://www.together-bereavedparentssupportgroup.org/>

Information

- › Health Navigator NZ offers information, advice, and resources for people experiencing grief | <https://www.healthnavigator.org.nz/health-a-z/g/grief-loss/>
- › The Mental Health Foundation has information on the signs of grief and loss, treatment, and strategies that can help | <https://mentalhealth.org.nz/conditions/condition/grief-and-loss>
- › The Cancer Society provides information on grief relating to loss as well as online services to connect with others who are experiencing grief | <https://www.cancer.org.nz>
- › Health Ed has a downloadable pamphlet on coping with grief and loss | <https://www.healthed.govt.nz/resource/coping-grief-and-loss>
- › Skylight offers resources and information for whānau experiencing hard times | <https://www.skylight.org.nz/>
- › Kids Health provides information on children and teenagers experiencing grief and how to support them | <https://www.kidshealth.org.nz/bereavement-reactions-children-young-people-age-group>
- › Healthline is a US based website that has resources on the stages of grief and how to cope with loneliness. | <https://www.healthline.com/health/depression/death-loved-one>
- › Te Hikuwai – Resources for wellbeing provides information on a range of topics from anxiety, depression, cannabis, and alcohol to sleep, stress, relaxation and wellbeing | <https://www.tepou.co.nz/tehikuwai>
- › New Zealand Psychological Society has a great website to access resources on a wide range of grief related services and information, including for parents, tamariki, whānau, people who have been affected by events, disasters, violence or who have lost someone | <https://www.psychology.org.nz/public/community-resources/emergencies-and-trauma>

Iti nei, iti nei

Take smalls steps to achieve your goals

