

How Bereavement may affect you

Each of us reacts in different ways. But you might find it helpful to have an idea of the main stages of grieving:



Immediate shocked disbelief

This can last a few minutes or a few weeks. You may feel calm and detached during this time and cope well with practical arrangements. Or you might feel completely at sea.

Coming to terms with your loss

Probably you will feel both angry and guilty at this stage. And at some level you are still shocked and trying to replace the lost person. So you may feel the person is still around.

Despair and depression

These feelings often last the longest. You may have lost all interest in life and feel that there is no point in going on.

Reorganisation

Then, with time, the pain of your loss gradually begins to ease. Life starts to begin again - you can enjoy the present without always remembering the past.