

Grief and Loss

Making room for a response that does not follow a timetable

Grief is a natural response to losing someone or something that mattered. It may follow a death, separation, change in health, loss of work, infertility, estrangement, a move, or the future you expected. Grief can be emotional, physical, practical and deeply personal. There is no correct sequence and no deadline for being 'over it'.

You are allowed to grieve in your own way, at your own pace, while carrying love forward.

Grief moves in its own way

You may feel sadness, anger, relief, guilt, numbness, confusion or moments of ordinary happiness. These feelings can exist together. Some days may feel manageable and another day may be changed by a song, date, smell or unexpected memory. This does not mean you are going backwards; grief is not a straight line.

The body grieves too

Sleep, appetite, concentration, energy and memory can all change. You may feel heavy, restless, tense or physically unwell. Lowering expectations can be an act of care. Aim for small, realistic anchors: a drink, something gentle to eat, fresh air, medication as prescribed, or one practical task at a time.

Continuing bonds

Healing does not require forgetting. Many people find comfort in keeping a continuing bond through photographs, recipes, music, rituals, stories or acts of kindness. You can decide when you want to remember privately and when you want company. There is no single right way to honour what mattered.

When loss is not recognised

Some grief is overlooked: miscarriage, pet loss, estrangement, loss of ability, the end of a friendship or grieving someone who is still alive but changed. Your pain does not need public permission to be real. Seek people who can acknowledge the loss without minimising it or rushing you.

Finding support

Support may come from trusted people, a bereavement group, faith or community connections, counselling, or practical help. Ask for specific things where possible: a meal, company on an anniversary, help with paperwork, or someone to listen without fixing. If grief feels unbearable or you are worried about your safety, seek urgent professional or crisis support.

A gentle reflection

What feels most important for me to remember from this resource? What is one small, realistic form of support I could offer myself today?

This resource offers general information and is not a diagnosis or a substitute for personalised medical or mental health care. If you are in immediate danger or unable to keep yourself safe, contact emergency services or an urgent crisis service where you live.