

**Supporting NSW communities,
families and individuals
experiencing loss and grief.**

www.nalag.org.au



NALAG
National Association for
Loss and Grief (NSW) Inc

Helping someone who is grieving

When someone has experienced a loss, there will be big and small adjustments needed to be made in their lives. These could bring uncertainty, frustration, fear, sadness and change as each new day comes along. Grief is about adapting to change in life, thoughts, hopes, beliefs and the future.

Be a good listener

Grieving people need to talk about their loss and acknowledge that they have been through a difficult experience. You can't fix their grief, but you can be there to hear their story and share their journey.

Be a shoulder to cry on

Allow the person to cry with you. Crying helps the release of emotions and improves the healing process.

Be in touch with them

Visit the person or call them. Let them know you've been thinking of them. Write a letter, send an email, remember their special days like birthdays and anniversaries.

Be a friend

Often just being there is all that is needed to support someone who is grieving. Everyone's journey through grief is different and can last a long or short time. Don't be afraid to speak up if you think your friends needs help.

(Adapted from the writings of Doris Zagdanski)

For more information
& referral, please contact:

02 6882 9222

info@nalag.org.au

www.nalag.org.au

PO Box 379
DUBBO NSW 2830

NALAG BRANCHES:

MUDGEES

BELLINGEN/NAMBUCCA

HUNTER

GRIEF SUPPORT

GREATER SYDNEY

BRC006.3.100319

Disaster

Coming to terms with loss
following disaster

www.nalag.org.au

Coming to Terms with Loss Following Disaster

Survivors of Disaster

Survivors of disaster experience shock, great distress and grief as a response to their losses.

- DO make use of services
- DO express your emotions
- DO make use of your own coping mechanisms
- DO talk about what happened and how you reacted
- DO express your needs clearly and honestly
- DO let your children talk to you and others about their feelings and express themselves in games and drawings
- DO take time out to deal with your own feelings
- DON'T bottle up your feelings
- DON'T try to fix everything immediately

Disaster brings loss

Losses can be PHYSICAL (*people, pets, possessions*) or CONCEPTUAL (*safety, security, trust*). Because of this people may experience changes in their behaviour, thoughts and feelings. These may be mild sensations, brief or intermittent; or traumatic disruptions to their sense of well-being and ability to cope. Children experience the impact of loss as much as adults

Understanding that these responses are NORMAL at these times helps reduce possible long term emotional and physical disorder.

After a Disaster

All of these responses are NORMAL following a disaster.

Self Help Hints:

- Try to rest a bit more
- Contact friends
- Don't try to fight recurring thoughts, dreams or flashbacks (these are normal and will decrease over time and become less painful)
- Remember to eat well-balanced and regular meals (even when you don't feel like it)
- Talk to people who love you
- Try keeping a reasonable level of activity
- Find a good counsellor if feelings become prolonged or too intense

Hints for Family and Friends:

- Listen carefully
- Spend time with the traumatised person
- Reassure them that they are safe
- Don't take their anger or other feelings personally
- Be sensitive
- Be patient
- Be genuine
- Be loving



If symptoms are severe or if they last longer than 6 weeks, the traumatized person may need professional counselling.

Warning

Accidents are more common after severe stress.

- DO drive more carefully
- DO be more careful around the house

For more information on NALAG services, visit www.nalag.org.au