

Bereavement Course

Client handbook



Welcome to the Course

We would like to welcome you to the 'Bereavement course'. We hope that it will help you to understand the grief process and ways you might cope better with the feelings of loss you might be experiencing.

This course will meet weekly for 6 sessions and each session will last for 2 hours with a short break half way through.

We appreciate it can seem daunting attending a group course for the first time. People do report after attending online courses that they have found it really helpful.

How can I prepare for the group?

Video calling:

We are aware that the experience for online courses will feel different from being present in a group of people. Whilst different arrangements may be required, for the majority we aim to use a shared online format called 'Go To Meeting'. To use Go-to-Meeting you will need to access it via an app, it is a small download.

Click the link to join the group a few minutes before the start time. You will be asked to install the software (which is very quick). You can join from any computer, tablet or smartphone with a good internet connection.

We will be able to see each other and interact as normal.

We will need you to fill in the e-mail questionnaires before the course – a link to these will be sent to your e-mail a day before the group session. Please make sure the questionnaire is completed prior to the session or we will NOT know that you have attended and may be sent a 'failure to attend' letter and may be liable to being discharged. [Note- the questionnaires email is entitled 'Online Forms'. Please check your junk folder if you have not received this by each session date].

Please be aware, the names that you put in will be visible to the other participants; please use first names only (or what you are comfortable with). Please do not include your email address. You will join the meeting. Turn on the option to show the video of yourself (top right of the screen). Seeing each other will help it feel as close to the normal course setting as possible.

If you are unable to make your appointment or have any concerns or questions, please let us know. Each week you will need to click on the link just before the start time - this will remain the same unless you are sent another.

Client workbook:

We encourage you to complete the exercises as we go through the course and use the workbook to keep notes of your reflections. We hope that this workbook can then support you through your ongoing grief journey.

Making space for you:

When you get ready for the group sessions try to ensure you have a space for yourself where you will not be disturbed and have the things around you that you may need to feel comfortable, such as a drink or a tissue box. If you need a break in the sessions you can send a private message to the group facilitators on GoTo meetings to let them know, whether that is for a comfort break or if you are finding some of the content difficult. The facilitators are available at the end of each session for support.

Working Together

One of the most valuable things about courses is knowing that there are others experiencing similar feelings to your own. To help everyone feel safe and comfortable, it is helpful for the group to agree some guidelines for the sessions. We will discuss and agree these as a group, but here are some suggestions below:

- Please put mobile phones on silent so they do not interrupt the group
- Try to be on time, but if you are late **do** come in and join the session
- Respect others people's points of view; they may be different from your own
- Listen when others are talking
- If you are unable to make it to the session, please telephone the office on 0300 790 0542 or email us on dhc.bc.s2wtherapists@nhs.net to let us know
- Do not come to the group under the influence of alcohol or drugs
- Please keep any personal information shared within the group sessions confidential
- Please have the things around you that you may need to feel comfortable, such as a drink or a tissue box

Steps to Wellbeing Contact Telephone Numbers

Please note we now have one, freephone number for all of Dorset.

Poole, Bournemouth, and Christchurch

Telephone: 0800 484 0500

Email: dhc.s2w.urban.admin@nhs.net

Weymouth & Portland, North Dorset, West Dorset, Purbeck & East Dorset

Telephone: 0800 484 0500

Email: dhc.s2w.rural.admin@nhs.net

Southampton

Telephone for information and cancellations: 02380 272000

Email: dhc.sstw@nhs.net

www.steps2wellbeing.co.uk



Keeping Safe Between Sessions

Steps to Wellbeing is not a crisis service, and although you are welcome to contact the service between sessions, the course facilitators may not be available to speak to you.

If you feel at risk to yourself or others, or feel at risk from anyone else please utilise your risk management plan agreed at assessment (it might be a good idea to write it here below in the space provided).

The services listed here are really useful if you feel overwhelmed emotionally and/or at breaking point:

- Contact your GP surgery during your GP Surgery opening times and request an urgent appointment.
- If you live in Dorset: o Call Connections, on 0800 652 0190 or via NHS 111, which is a 24/7 helpline for people needing urgent mental health support o

The Retreat in Bournemouth and Dorchester - The Retreat offers 'drop-in' and virtual 'drop-in' 7 days a week. It is a safe place to access if you feel you are reaching a crisis point. Either Ring the bell at the addresses below OR access via virtual link:

- ♣ Hahnemann Road, Bournemouth BH2 5JW (4.30pm-midnight, Mon-Sun)
- ♣ 30 Maiden Castle Rd, Dorchester, DT1 2ER (4.30pm-midnight, Mon-Sun)

♣ www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services/hospitals/mental-health/retreat (between 5pm and 11pm, Mon-Sun)

If you live in Southampton:

- o The Lighthouse – <https://www.southernhealth.nhs.uk/our-services/a-z-list-of-services/lighthouse>
- o Solent Mind – for peer support Tel 023 8017 9049 (M-F 9am-7pm; weekends 10am-2pm)

- Call 999 in an emergency
- Go to A&E if you are worried about hurting yourself or someone else
- Call “The Samaritans” (24/7 service) on 116 123 for someone to talk to
- Think of a friend, partner or family member that you can seek support from
- There may be another professional involved in your care who could help, e.g. your Health Visitor, Social/Support Worker, Community Mental Health Team or GP Practice Nurse.

<https://www.cruse.org.uk/get-support/helpline/> 0808 808 1677 (See the back of this workbook for opening times)



Self-Reflective Exercise

Risk Guidance

Please make a note of your useful telephone numbers, so that you have them to hand when you need them. You may want to write them in the space below, or save them in your phone so they are ready to use. (E.g. Family/ Friend contact details, your GP / CMHT telephone number?)

My Personal Safety Plan

Signs that my mood is deteriorating
What steps can I take? Who is my support?

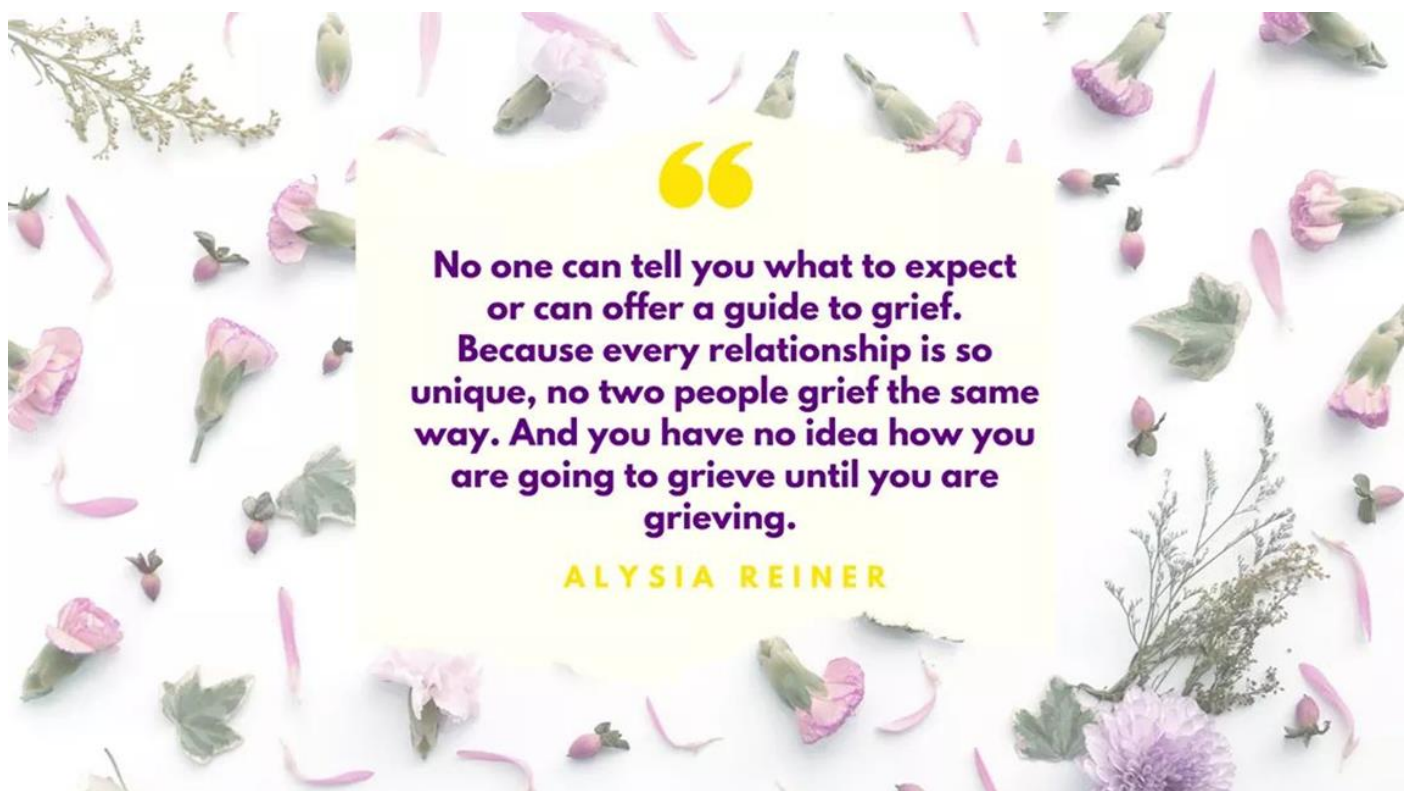
Session 1 – Introducing the Grief Journey

Purpose of the course:

- Support you in gaining an understanding of the grieving process
- Provide you with practical tools, tips and strategies to help you cope with your grief

In this session, we will cover:

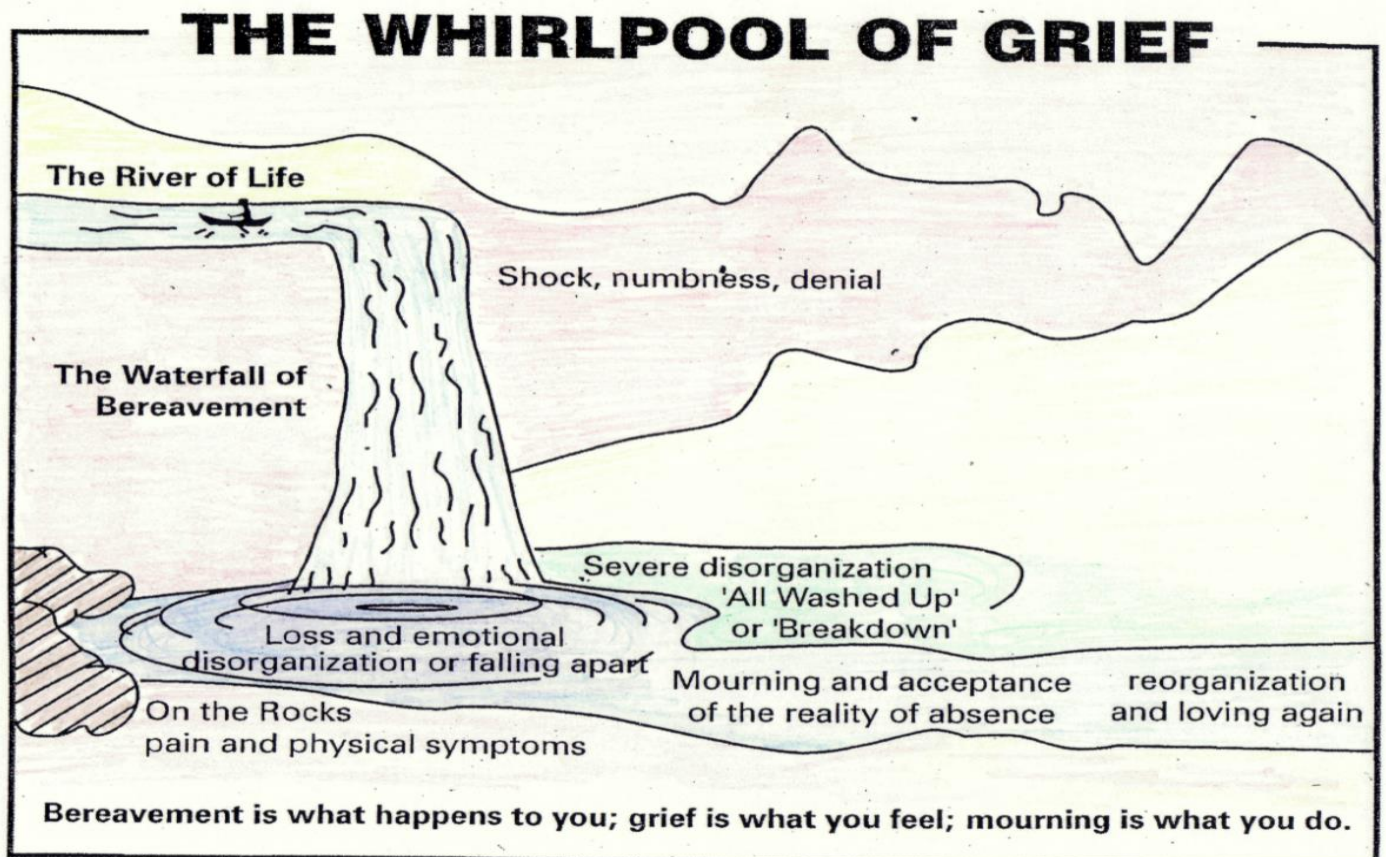
- Introduction to the concept of Grief being a Journey
- The Whirlpool of Grief
- Grief Journey Symptoms and Feelings
- Stages of Grief
- The Dual Process model for processing Grief



Introduction to the Grief Journey

When we think of grief and the sad feelings we are experiencing, we might ask ourselves “*when will this pain be over?*” Others may also make assumptions about how long it will take for us to “*move on*” from our loss. This is not always a helpful way to think about grief. Instead, it can make sense to think of grief as a journey: one that you travel every day, but one that gets easier over time. Whilst the loss of a loved one does not leave us, our relationship to that loss does change over time. Also, our grief journey is individual so it will be different for every one of us.

'The Whirlpool of Grief' by Dr Richard Wilson



In this image, the River of Life represents our life before bereavement.

For some people the waters are choppy, whereas for others they are smooth.

The Waterfall of Bereavement is the shocking experience of our loss, where powerful emotions hit us alongside an overwhelming sense of sadness.

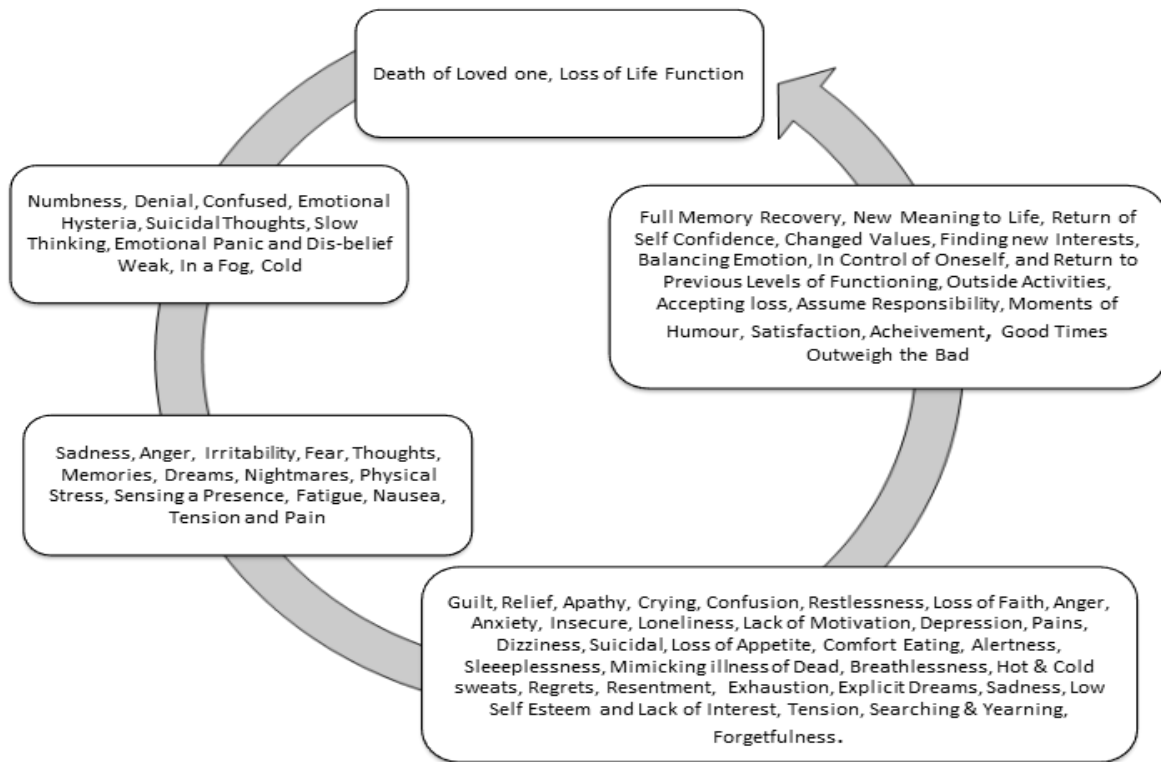
The whirlpool at the bottom of the waterfall illustrates the emotional upheaval and disorganisation that follows, including emotions and reactions such as pain, anxiety, despair, guilt, poor sleep patterns and physical symptoms. It can feel just like being battered against the rocks.

All of this is normal. There are no rules about how you should feel. There is no right or wrong way to grieve.

Grief Journey Symptoms and Feelings

When we are grieving, we are likely to experience a range of emotional and physical symptoms (some of which may not be obviously related to grief). These can be complex, and we may find it difficult to cope with them at times. But they are normal experiences of grief.

These range of emotions and different symptoms of grief are summed up in the diagram below:

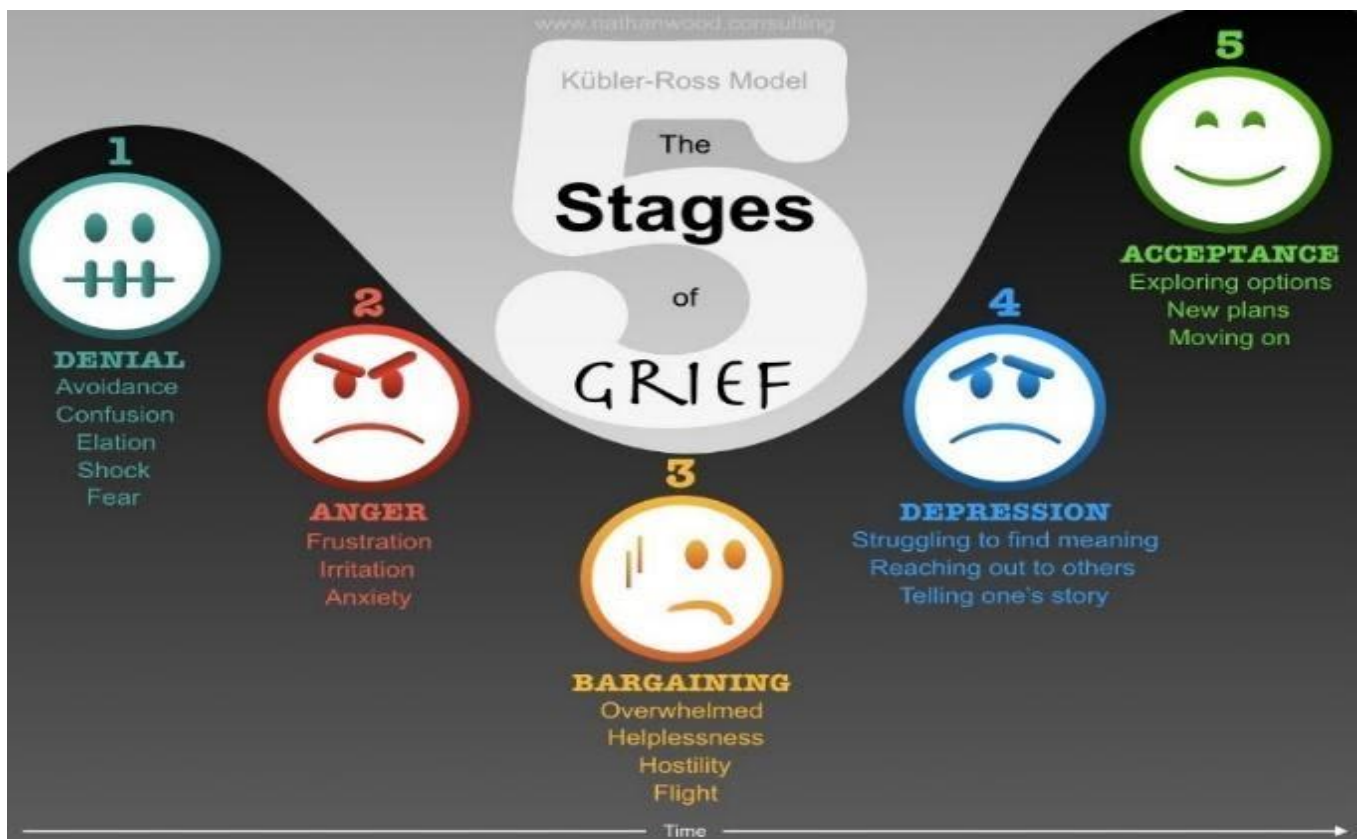


Self-Reflective Exercise

Reflecting on the diagram above, use the table below to write down the feelings and symptoms you have experienced:

Stages of Grief

It can also be helpful to think of grief in terms of *stages* as outlined in the following diagram. It is important to remember that we do not pass through the stages in a neat, sequential order as often we can go back and forth through the stages and can sometimes skip some altogether.



The Five Stages of Grief and Loss - YouTube: <https://www.youtube.com/watch?v=Q2BJsOQypuw>



Self-Reflective Exercise:

1. Circle which feelings might be relevant for you when you recall times of anger. Are there any others?
2. Can you recall at what times during your grief you felt angry? Can you understand what made you feel that way?.....
.....

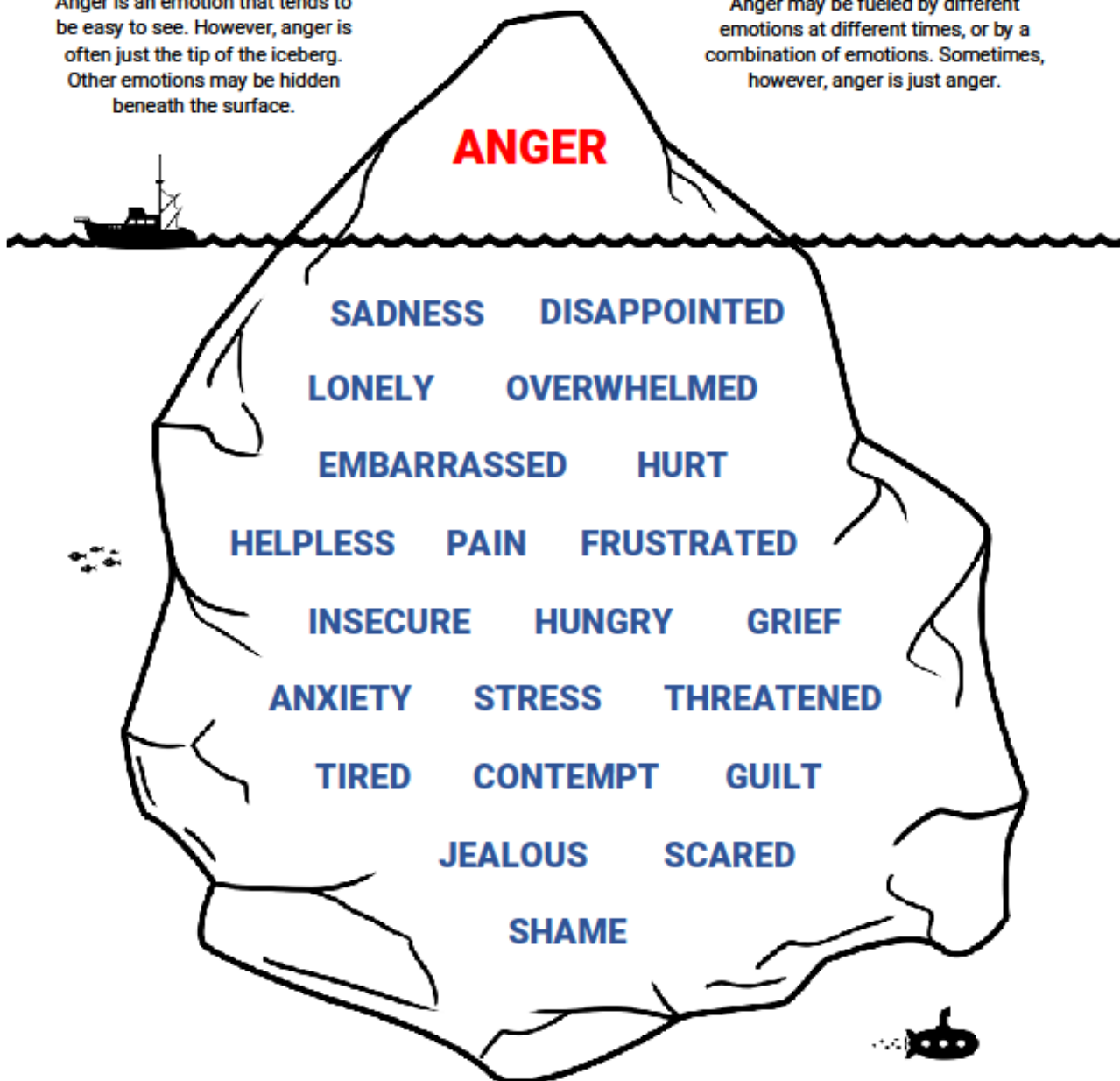
Anger Iceberg

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.

Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

Anger may be fueled by different emotions at different times, or by a combination of emotions. Sometimes, however, anger is just anger.



'Death ends a life, but it does not end a relationship and survivors often struggle to resolve what seems like an unresolvable contradiction...The resolution of grief is not a return to life as it was before, there is no going back. It is more... a new sort of normal.'

(Julia Samuels, *Grief Works*)



The week ahead:

You might like to:

- Reflect further on which stage of grief you feel you might be in at the moment. Remember this might even shift daily. You might like to note this down in a journal or a diary so you can track this over time...
- Keep a journal to note down and write about the feelings associated with your grief that you are experiencing.

Session 2 – Tasks of Grief in Difficult Times

Key Points from the last session:

- Grief is an individual journey: it will be different for every one of us
- Whilst the loss of a loved one does not leave us, our relationship to that loss does change over time.
- It can be helpful to think about grief as having different stages, but these do not happen in a neat order – we can go backwards and forwards. This is normal too.
- Anger can be a key stage of the grieving process but can hide a host of emotions underneath

Today we will look at:

- Recap of grief journey
- Tasks of grief
- Managing Grief

Tasks of Grief

William Worden, a well-known and respected grief counsellor, suggests that whilst mourning is an individual process, there are “tasks” we can complete that can help us adapt to the loss of our loved one. These are summarised in the table below:

<p>TASK 1. ACCEPTANCE OF THE LOSS</p> <ul style="list-style-type: none"> • Confront the reality of death: being able to talk about ‘the event’. • What happened • Why it happened • Your role when it happened • Your feelings at the time it happened 	<p>TASK 3. ADJUSTING TO LIFE WITHOUT THE DECEASED</p> <ul style="list-style-type: none"> • Tackling practical tasks • Taking on new roles • How have I coped with adjusting to the changes brought about by my loss? • How will I deal with anniversaries?
<p>TASK 2. EXPERIENCE THE PAIN OF LOSS</p> <ul style="list-style-type: none"> • How can I cope without....? • What was so special about.....? • When do I feel my worst? • What helps me express my feelings about my loss? 	<p>TASK 4. LETTING GO AND RE-INVESTING IN LIFE</p> <ul style="list-style-type: none"> • Making a new life. • How will I remember you? • Hopes and fears about the future • Do I need permission to let go?

Tasks of Grief- continued

These tasks should not be seen as fixed stages.

Like the Stages of Grief model, we looked at, these “Tasks of Grief” can be revisited and worked through again and again over time. Different tasks can also be worked on at the same time.

During the time of Covid 19, being able to achieve these “Tasks of Grief” may have been made difficult by circumstances. For example, you may have had issues accepting the loss and what happened. It might also be very difficult to adjust and make a new life when support systems are restricted.

During our sessions together, we will provide you with a range of tools, tips and strategies that you can use to help you with these tasks.



Self-Reflective Exercise:

What tasks do you think you need to achieve for each?

<p>TASK 1. ACCEPTANCE OF THE LOSS</p>	<p>TASK 3. ADJUSTING TO LIFE WITHOUT THE DECEASED</p>
<p>TASK 2. EXPERIENCE THE PAIN OF LOSS</p>	<p>TASK 4. LETTING GO AND RE-INVESTING IN LIFE</p>

The impact of Covid on the experience of loss:

Stacey Silva talking about the loss of her father Gary Young:

“He called me about 4 o’clock in the morning, and he had an oxygen mask. It was already hard to talk to my dad and have a conversation because he would start coughing after a couple of words. I believe he was trying to tell me that they were intubating him. I didn’t understand, and he got frustrated and he hung up. That’s the last conversation I had with my dad, and I have so much guilt that I couldn’t understand and that I couldn’t tell him that I loved him. I think about that every day.”

Think about task 1 around the events leading up to the death of your loved one, the death itself and the time afterwards.

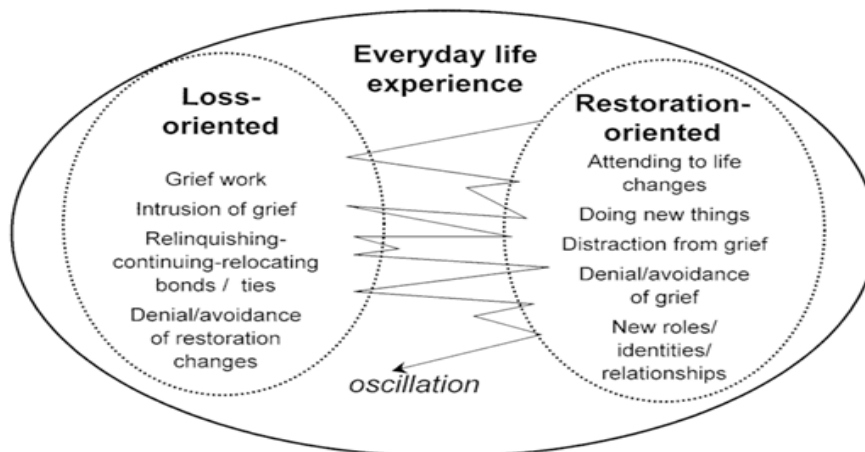
Please note down your thoughts in the table below:

<p>Leading up to the death</p>	
<p>The death itself</p>	
<p>After the death</p>	

The Dual Process Model – Managing Grief

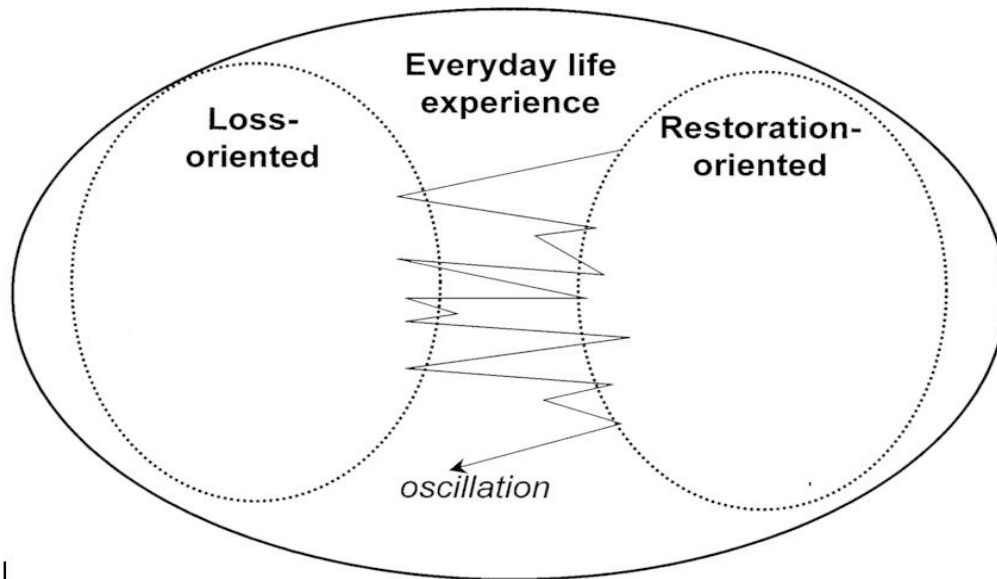
The dual process is very important when looking at managing grief. The balance of taking time to mourn (**loss-oriented time**) and having a break from mourning (**restoration-oriented time**) is very important.

- **Too much time in loss orientated activities** can mean we can be more prone to depression and get lost in missing our loved one.
- **Too much time spent in restoration-orientated activities** can suppress the reality of our grief and might mean our grief can become more complex and take longer to adjust to if we do not feel it and process it enough.



Self-Reflective Exercise

Using the blank diagram below, write down some activities in your life that are loss orientated and restoration orientated:



Managing Grief Self Exploration House

On the next page is a picture of a house. This house is a tool to help you to reflect on how you manage different areas of your grief. If there is time in the session, make a start and during the week, take time to reflect and add to your house.

Imagine a house in your mind with lots of rooms.

You might have one room with difficult/traumatic memories in it from the past - you might want to lock the door with a key or padlock. You might need to prepare yourself when you enter that room, to practice some self-care before/after, to breathe.

There might be a room with nice memories from the past that give you comfort but that also make you sad - maybe you choose certain times to go into that room

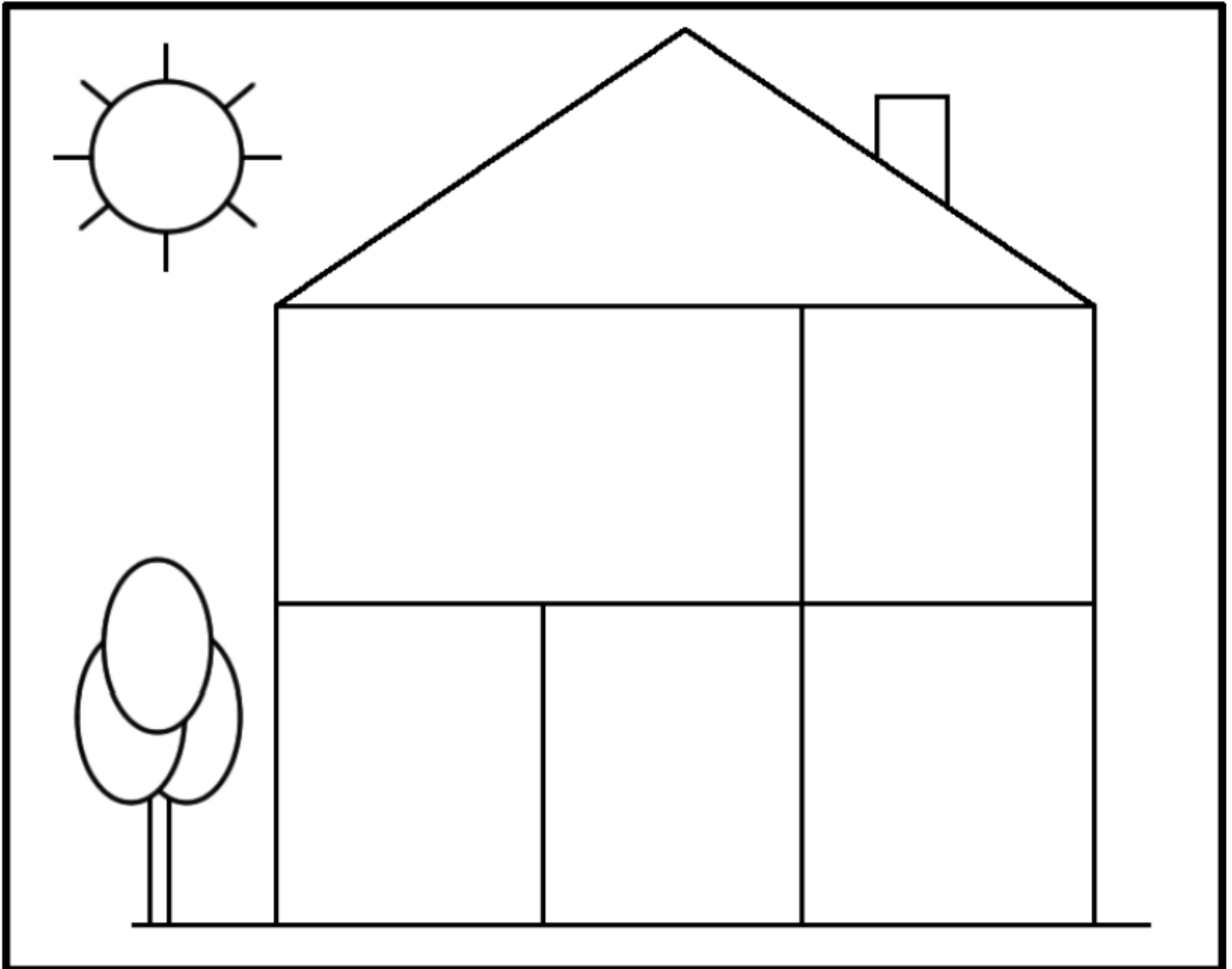
There might be a room with other memories/people from the past - maybe you want to leave the door open and pop in and out whenever you feel like it

Meanwhile there are also other rooms with lots of other things going on in them at the same time - in one room is your work, in another perhaps your home life, in another your friends or social life, maybe hobbies such as gym or reading...

All of these things are going on at the same time in different rooms. Sometimes we can spend too much time in a room, we can feel overwhelmed with emotion and perhaps we need to come out of that room for a while, spend some time in the corridor or the landing, go into another room. We might want to have set times when a room is open or we might want to pop in as and when we feel like it, kind of like an 'open door' policy...it's totally up to you.

Everyone's house will be different. You can have a go at drawing your own 'house in mind' if you like, drawing or labelling what is in each room and this can make it easier to visualise and keep in mind.

Managing Grief Self Exploration House





The week ahead:

You might like to:

- Think about some of the things that have come up for you about accepting the reality of your loss and if there is anything you need to do to help you with this e.g. start talking to friends and family more about your loss?
- Reflect on how you can manage your grief in a healthier way
- The Grief Self Exploration House – give yourself time to think about each of these areas. Some of which we will cover in more detail in future sessions.

Session 3 – Rituals and Remembering

Today we will look at:

- Exploring the significance of funerals, rituals, and ceremonies
- Find ways you can develop alternative rituals and touchstones to remember your loved one
- To understand how you might remember the *whole* person



Self-Reflective Exercise

It can be helpful to reflect on the significance of funerals and ceremonies to our grieving. Note down your thoughts in the two columns below and we will discuss these in the group:

How do they help:	How might they not help sometimes:

Touchstones for Remembering

The relationship we have with the person who has died continues. They are loved in absence rather than in presence. It can be helpful to us to externalise this relationship by finding ways to remember them, either with others or by ourselves. Julia Samuels, who has written extensively on grief, describe the ways we might remember our loved ones as “touchstones.”

Funerals and ceremonies may be the most common way we remember our loved ones but there are other ways we can remember them now and in the long term.



Self-Reflective Exercise

What things can we do to remember our loved ones? Include ideas of special days e.g. Birthday/ Anniversary/ Christmas

Take Them with You by Donna Ashworth

If someone you love
did not make it on that trip
you can take it
for them
with them.

If someone you love
did not witness that milestone
you can show them
anytime you like.

If someone you love
did not get to do *their* living
you can finish those dreams
on their *behalf*.

The beautiful thing about love
you see
is that death
need not stop **life**.

If you carry someone
in your heart
you can take them with you
anywhere you like.

Remembering the person

It can help our grieving process to actively think about the person that we have lost – what made them unique as an individual.

To help with this, it can be useful to reflect on what you can remember about them.



Self-Reflective Exercise

How would I describe them to someone who didn't know them?

What did they love?

Where did they love being?

What made them laugh?

What words sum up the things they held dear?

Remembering the whole person

There can be a tendency to over-idealise the person we have lost, but this can be unhelpful to us in our grieving process as we forget about all the facets that made them human and also how we experienced our whole relationship with them.



To do at home.....

Bearing in mind that it can be beneficial to remember the whole person, you might find it helpful to reflect on the following questions and note down your thoughts and feelings:

What do I miss about them?	
What don't I miss about them?	



The week ahead:

You might like to:

- Talk to your friends and family about the things you can do together to remember your loved one and make a plan to do this
- Make a memory box
- Write a letter to the loved one you have lost telling them what the relationship you had with them meant to you...

Session 4 – Connecting and Taking Care

Key points from last session:

- Funerals, rituals, and ceremonies can help us with our mourning as they help to externalise our feelings about the loss of our loved one and share our memories of them with others
- It can be helpful to our grieving process, to create our own “touchstones for remembering” now.
- Remembering the whole person – what we miss about them and what we don’t – helps us maintain a more realistic and healthy relationship with them in their absence.

Today we will look at:

- To explore accessing support from others
- To explore how the support around you can help you grieve
- To explore the need to take care of yourself as part of the grieving process

Social Networks

Our support networks are an important part of helping us to cope with our grief. It can be helpful to think of the network around you like the roots of the tree that help support it to weather a storm.

Even though we might know this deep down, both grief and impact of Covid19 can sometimes leave us feeling “isolated in isolation.”



Self-Reflective Exercise

Thinking about reaching out to others:

What are the benefits of accessing support?

What stops me from doing this?

Remembering with others

Sometimes we avoid talking to others (for fear of upsetting them).
Often people do not talk to us about our loved one (for fear of upsetting us).

Video Clip

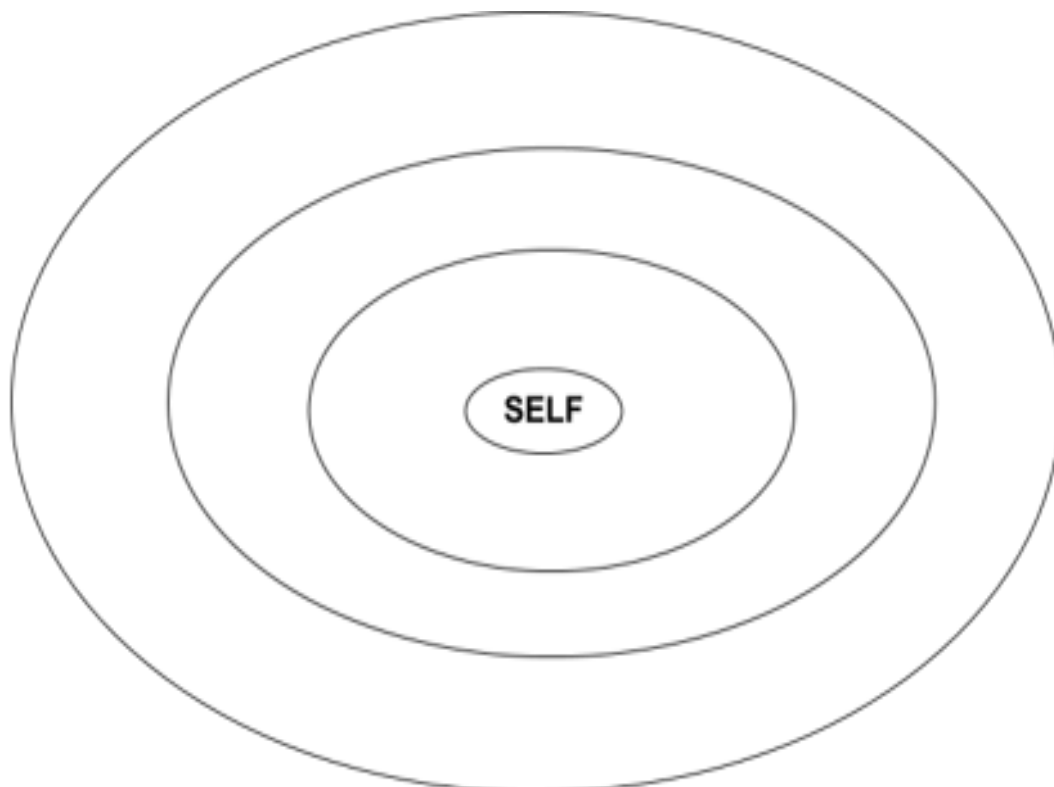
What is Grief? Julia Samuel

<https://www.youtube.com/watch?v=eEsxoO1gVks>



Self-Reflective Exercise

Use the following diagram to reflect on who is around you:



It can be helpful to reflect on who can help you now and how. The ways those around you can support you through your grief is as individual as those relationships:

- You may be able to cry with some
- We can share fond memories with others

- Some may distract you from your grief when needed – help you laugh as well as cry
- Others may drain your energy and you might want to be mindful of when you contact them



Self-Reflective Exercise

Who can I cry with?	
Who can I share fond memories with?	
Who can distract me?	
Who drains me so I might need to limit contact with them at this time?	

Grieving with others grief



To do at home.....

Sometimes it may be hard to grieve alongside those who are also grieving.

Think about:

- How can you support yourself?
- Are you able to support the other?
- How do you manage it?
- If you can't do it – someone else can (there is support)
- Sharing your grief doesn't always mean burdening someone else with it – it might be the opportunity they have needed too.



To do at home.....

Connecting with others

What can you do to connect with others?

Connecting:

Self-Care

Taking good care of ourselves whilst we are grieving is essential to our well-being. Grieving is hard work so it can be more important than ever to take care of ourselves. Self-care is not selfish.

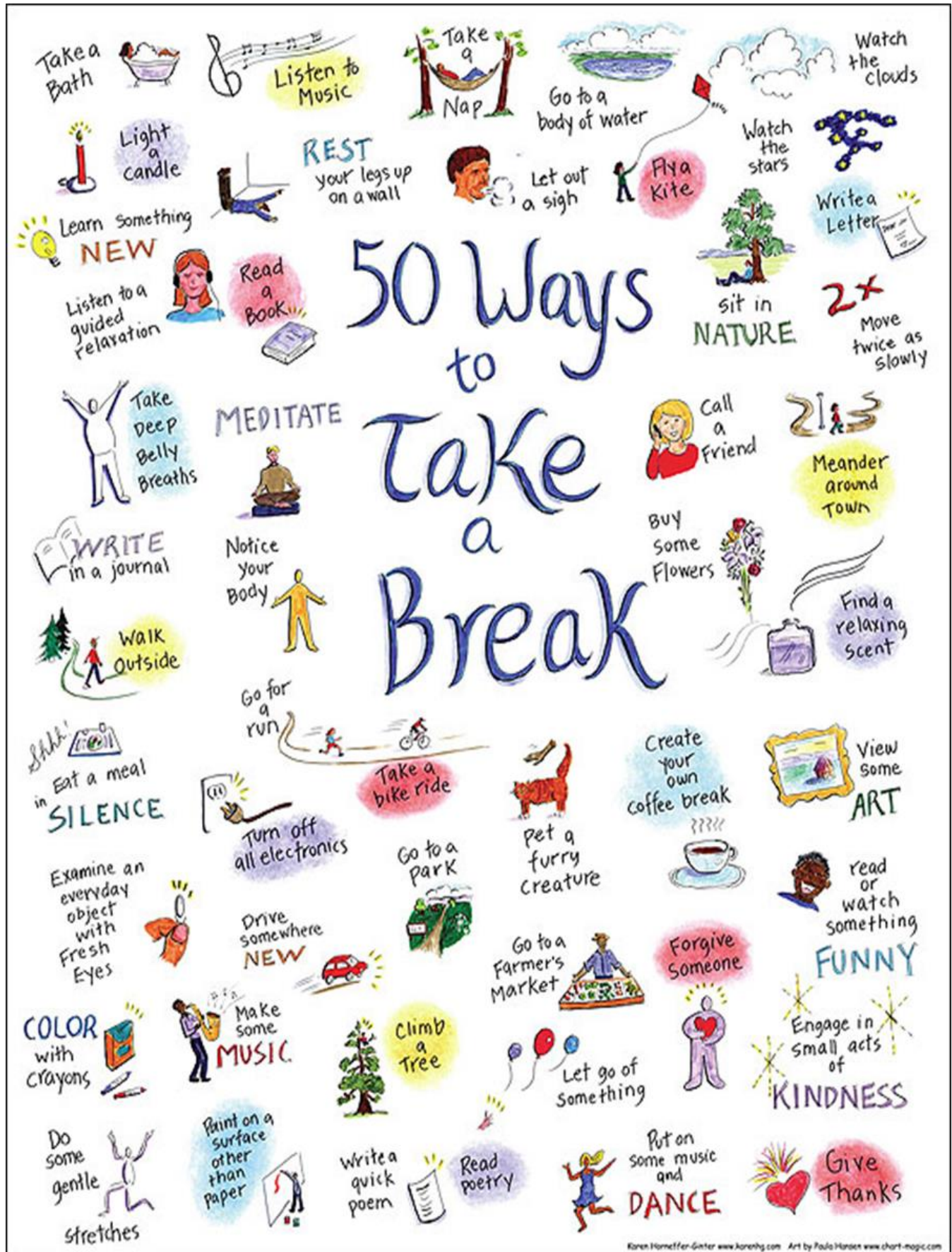


Self-Reflective Exercise

How you take care of yourself is highly individual – think of the things that you can do just for you this week and note these down here:

My self-care ideas:

And here are some more ideas:



When we become particularly distressed, it can be comforting to have ways to soothe ourselves and calm down our emotions.

Comforting ourselves through our five senses can be an effective way to do this:

1. **Something to touch** (e.g. animal, blanket)
2. **Something to hear** (e.g. music, guided meditation)
3. **Something to see** (e.g. happy photos)
4. **Something to taste** (e.g. tea, mints)
5. **Something to smell** (e.g. candles, aromatherapy oils)

Engaging our 5 senses can be a quick way to help us ground ourselves and ‘give ourselves a break’ when we may be feeling overwhelmed.



The week ahead:

Using the 5 senses, identify things that you find particularly comforting involving your 5 senses:

5 senses	Things I find particularly comforting
Something to touch	
Something to hear	
Something to see	
Something to taste	
Something to smell	

You might also like to:

- Make a start contacting people and asking for their help
- Plan one activity with someone who you find supportive
- Complete at least a couple of self-care activities
- Practice the soothing breathing exercise (the guide for this is at the end of this workbook)

Session 5 – Growing Around Our Grief

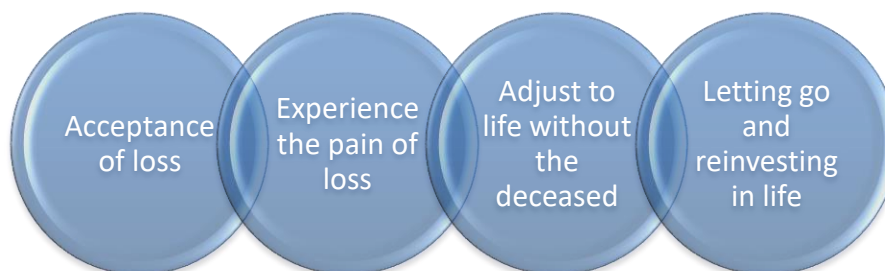
Key points from last session:

- Our support networks can help us weather the storm of our grief
- Different people can support us in different ways
- Grieving is hard work, so it is more important than ever that we take care of ourselves

Today we will look at:

- Beginning to adjust to life without our loved one
- Growing around our grief
- Identifying personal resources and resilience
- Developing new skills and changing roles
- Preparing for the ending of our group

Adjusting to life without our loved one



In the second session, we looked at the William Worden’s concept of the “Tasks of Grief.” He describes the 3rd Task as “Adjusting to life without our loved one.” This might mean:

- Tackling practical tasks
- Taking on new roles
- Reflecting on how we have coped with adjusting to changes brought about by our loss
- Thinking about how we might deal with anniversaries going forward.

This will be the focus of our session today

Growing Around Our Grief (Tonkin)

Instead of thinking that our grief gets smaller over time and eventually disappears, we could think that the grief stays the same and we grow around it. We learn to have it as part of our life.

GROWING AROUND GRIEF

HERE IS A NEW WAY OF THINKING ABOUT GRIEF AND RECOVERY:



THIS CIRCLE REPRESENTS A LIFE THAT IS TOTALLY CONSUMED BY GRIEF.



ONE SHOULD ACCEPT THAT THE GRIEF WILL NEVER ENTIRELY DISAPPEAR, BUT OVER TIME IT WILL BECOME A SMALLER, MORE MANAGEABLE PART OF LIFE.



EVEN THOUGH THE GRIEF IS STILL THERE, A NEW LIFE EXPANDS AROUND IT; ONE IS ABLE TO GROW AROUND GRIEF.

This model can help us to think differently about grief as is explained further in this video:

<https://www.youtube.com/watch?v=5wVLDHuc5ic>

What is Grief? (Tonkins Model) – YouTube <https://www.youtube.com/watch?v=UbrkvygT2Ec>

Self-Reflective Exercise

How have I grown so far?	
How else do I need to grow?	
Who can help me with this?	

Resources and Resilience

When we lose a loved one, we sometimes need to access resources inside us to help us with our grief. This might require us to “dig deep” and access strengths and internal resources we already have within us. Sometimes these only become visible when we are going through a significant transition in our lives.



Self-Reflective Exercise

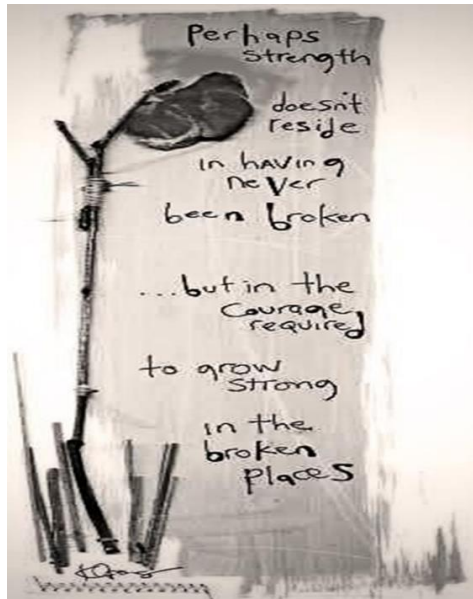
You may have already discovered aspects of yourself through your grief. Also, you may have been through other major transitions in your life that involved adjusting to loss or major change. Thinking about this more:

What personal strengths and resources do you possess that you might need to call upon during this time?

How have you coped with change and transition before? What worked?

What insights from the past can help you with this transition?

How will you do this?



Developing New Skills

When we lose someone close to us, we might discover that they brought certain skills or qualities to the relationship we had with them that we now are missing. You may find yourself having to adapt quickly and either develop these new skills yourself or find others who can help.

Self-Reflective Exercise

Are there any new skills you feel you might need to acquire?

Thinking about the person you lost, did they have skills you admired, and you want to develop for yourself?

Who can help you with that?

Changing Roles

With grief comes a change in the roles and relationships in our lives

How might your role change in your relationships?

What new roles might you be taking on?

What roles might you have lost (especially if you've been the carer)

How might the dynamics be changing? Are other people taking on different roles or impacted?



The week ahead:

- Use the reflection you have done in this session to pull together your own ongoing support plan
- Reflect on how you feel about saying goodbye to the group and if there is anything you want to say or do to make this a good ending for yourself?

Session 6 – Moving Forward

Key points from last session

- Grief stays with us but over time, we learn to develop a new life around it
- Accessing the resources and resilience we have within ourselves can help us adjust to our loss
- We might need to develop new skills and strengths and/or ask others to help us

Today we will look at:

- Recap and review of sessions so far
- Steps towards new beginnings
- Maintaining coping strategies to help you with your grief journey
- Other support available to you
- Review what you think has changed for you
- Saying goodbye

Review of our sessions to date

Session 1 – Introduction to the Grief Journey

Key Points:

- While there are possible ‘stages of grief’ it is not a straight line.
- Grief as a ‘dual process’; some things focus on the loss and allowing time for that and others will be about restoration, allowing time for you.
- Acknowledging there is no snapping out of this or getting over it, there is no going back to normal, instead we’re talking about living with having lost a person and that is a journey we live with every day.

Session 2 – Normal Grief in Difficult Times

Key Points:

- Whilst mourning is an individual process, there are “tasks of grief” we can complete that can help us adapt to the loss of our loved one. These tasks can be worked through again and again over time and/or can be worked on at the same time.

Session 3: Rituals and Remembering

Key Points:

- Funerals, rituals and ceremonies can help us with our mourning as they help to externalise our feelings about the loss of our loved one and share our memories of them with others. Where we may have been unable to do this, it can be helpful to our grieving process, to create our own “touchstones for remembering”.

- Think about remembering the whole person – what we miss about them and what we don’t – this helps us maintain a more realistic and healthy relationship with them in their absence.

Session 4: Connecting and Taking Care

Key Points:

- Our support networks can help us “weather the storm” of our grief.
- Different people can support us in different ways- think about this with your own support network.
- Sometimes it may be hard to grieve alongside those who are also grieving. Often talking about it can be beneficial, but there may also be specific support services that can help.
- Grieving is hard work, so it is more important than ever that we take care of ourselves.

Session 5: Growing Around Our Grief

Key Points:

- Grief stays with us but over time, we learn to develop a new life around it
- Accessing the resources and resilience we have within ourselves can help us adjust to our loss
- We might need to develop new skills and strengths and/or ask others to help us
- Sometimes our roles and relationships around us change as a result of our bereavement

Beginning to move on....

William Worden’s 4th Task of Grief looks at what we might need to do to begin to move on. You might be ready to start to think about this task or it might be early days for you and something for you to come back to when you are further along your grief journey.



Self-Reflective Exercise

Do I feel I can start to take small steps towards making a new life? What might these be?
What are my hopes and fears about the future?
Do I need permission to let go?

Can I find some meaning in the loss?

Knowing what to do if the storm rolls in

Grief is an ongoing process. Sometimes it might feel like it is taking up too much space in our lives again. what if the storm rolls in?



Group discussion

- What times or situations might be hardest
- What might trigger a growth in the grief?

Your ongoing support plan

You can use this workbook as an ongoing support plan to help you with your ongoing grief journey. You may find it particularly useful at this time, but also to look through it at regular intervals and have it to hand if times get tough so you can remind yourself what you need to do to take care of yourself.

It is also important to know what you would do if you felt as if things were not getting better.



Self-Reflective Exercise

What would I do if I felt worse? Think about:

What can I do for me?
Who could support me?
Who would I contact if I felt at risk?

More support options:

- GP: You can always contact your GP in relation to both physical and emotional wellbeing.
- The Good Grief Trust: <https://www.thegoodgrieftrust.org>
- Dorset Open Door:
This is a new partnership between charities, health and care organisations can help. If someone isn't sure where to go to get the best bereavement support, Dorset Open Door can help with finding support from the right organisation and guide them through the process.
If you would like more information about the support available, or you feel Dorset Open Door would be useful for anyone you work with, Dorset Open Door can be reached by phone on 01305 361 361 or email on dhc.dorsetopendoor@nhs.net. The service is open Monday to Friday from 9.30am to 4.30pm. (see below)
- Bridport Bereavement Support Group
Meets at Burrough Harmony Centre, The Assembly Rooms, Gundry Lane, Bridport Dorset, DT 6 3RL on the 3rd Monday of every month 4pm to 5.30 pm. For more information please call 01308 428 943.

Find local bereavement support



Experiencing bereavement is difficult at any time but it may be particularly traumatic during the COVID-19 pandemic. There is a wealth of support available to you, and we have put together details of support services ranging from emotional support and peer support to practical advice and guidance.

Advice and guidance

- [BCP Council](#)
- [Dorset Council](#)
- [Bereavement Advice Centre](#)
- [UK Government advice](#)
- [British Psychological Society](#)

Bereavement support

Adults

- [Cruse](#) - 0808 808 1677
- [National Bereavement Partnership](#) - 0800 448 0800
- Funeral directors also offer bereavement support services

Children and families

- [Mosaic](#) - 01258 837071
- [Winston's Wish](#) - 08088 020 021
- [Hope Again](#) - 0808 808 1677
- [Child Bereavement UK](#) - 0800 02 888 40
- [The Compassionate Friends](#) - 0345 123 2304
- [Simon Says](#) - 02380 647550

Other resources and support

- [Dorset Mental Health Forum](#)
- [Dorset Mind](#)
- [Rethink - Dorset Carers Support](#) - 01305 262771
- [Recovery Education Centre](#) - 01202 584478
- [Contact your local faith organisation](#) or [Faithworks](#)
- [Dorset Coroner's Service](#) - 01202 454910
- [bereavement support in Dorset poster](#).

Mental health crisis

If you're in distress or feel you can't cope, contact [Connection](#), Dorset's 24/7 helpline on 0800 652 0190 or call [Samaritans](#) 116 123

Bereavement by suicide

- [Help is at Hand \(Support After Suicide\)](#)
- [SoBs - Survivors of Bereavement by Suicide](#) - 0300 111 5065

If you're not sure what you might find helpful, Dorset Open Door can help. As a partnership of healthcare organisations and charities, they'll explore your options with you and link you with the right service.

You can call 01305 361 361 or email dhc.dorsetopendoor@nhs.net Monday to Friday from 9.30am to 4.30pm.

Steps2Gether Peer Support Group



Steps2Gether is a friendly, non judgemental peer support group for people who have been discharged from Steps2Wellbeing.

The group is run by our Peer Support Practitioners, who have also received treatment from Steps2Wellbeing.

Our Peer Support group meets to:

- Check in on our wellbeing
- Share experiences
- Share helpful techniques for keeping well
- Connect with others



To join Steps2Gether please email or call on:



dhc.s2w.dorsetpsps@nhs.net



0800 484 0500

Our 5 key points to remember:

1. Grief is an individual journey
2. Losing someone you love during the time of Covid19 will have made the grieving process harder
3. Think creatively about how to make time for rituals and remembering for the one you have lost
4. Think about who can support you and how they can help; you do not have to do this alone
5. Self-care is not selfish - allow yourself time to take care of you



**Thank you very much for contributing to this course.
We hope that you can continue to use what you have learned here to help you along the way.**

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Three Minute Breathing Space



- Sitting in a comfortable posture with your spine straight and allowing your shoulders to drop
- Closing your eyes if it feels comfortable to do so
- Bringing yourself in the present moment, the here and now
- Letting go of any thoughts you may have, letting go of any thoughts you may have of what you need to do. Not judging your thoughts, accepting them as thoughts and letting them go.
- Noticing what is going on for you in this moment
- Noticing any thoughts and feelings you may have. Not holding onto them, or dwelling on them, but acknowledging that they are with you right now.
- Noticing them and letting them go.
- Gently redirecting your full attention to your breathing
- Observing the breath as it flows in and out
- Giving full attention to the feeling of the breath as it comes in and full attention to the feeling of the breath as it goes out
- Bringing your attention to your stomach, feeling it expand gently on the in-breath and recede on the out-breath
- And whenever you find that your attention has moved elsewhere, as no doubt it will, just noting it, not judging, and letting go. Gently escorting your attention back to your breath, back to the rising and falling of your abdomen.
- Keeping your focus on your breathing, 'being with' each in-breath and each out-breath for their full duration, as if you are riding on the waves of your own breathing
- Noticing that each breath is different and unique and will only happen this once.
- Focusing on where you are most aware of it. This may be in your nostrils, your throat, your chest, or your abdomen. Noticing how each breath feels for you right now. And now. And now.
- If your mind wanders from the breath (and it will), then your 'job' is simply to bring it back to the breath every time, no matter what it is occupied with. It is just as valuable to become aware that your mind has wandered and bring it back to the breath, as it is to remain aware of the breath.

- Paying attention to each in-breath and each out-breath as they follow one another. Using your breathing as a way of grounding you in the present, helping you to 'tune into' your state of awareness and stillness.