

Grief after bereavement or loss

Most people experience grief when they lose something or someone important to them. If these feelings are affecting your life, there are things you can try that may help.

Support is also available if you're finding it hard to cope with stress, anxiety or depression.

Symptoms of bereavement, grief and loss

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.

As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.

Some of the most common symptoms include:

- shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze"
- overwhelming sadness, with lots of crying
- tiredness or exhaustion
- anger – towards the person you've lost or the reason for your loss
- guilt – for example, guilt about feeling angry, about something you said or did not say, or not being able to stop your loved one dying

These feelings may not be there all the time and powerful feelings may appear unexpectedly.

It's not always easy to recognise when bereavement, grief or loss are the reason you're acting or feeling differently.

Things you can try to help with bereavement, grief and loss

Do

- try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a support organisation such as [Cruse Bereavement Care](#) or [call: 0808 808 1677](tel:08088081677)
- try the 6 ways to feel happier, which are simple lifestyle changes to help you feel more in control and able to cope

- find out about how to get to sleep if you're struggling to sleep
- consider peer support, where people use their experiences to help each other. [Find out more about peer support](#) on the Mind website
- listen to [free mental wellbeing audio guides](#)
- search and download [relaxation and mindfulness apps](#) or [online community apps](#) from the NHS Apps library

Don't

- do not try to do everything at once – set small targets that you can easily achieve
- do not focus on the things you cannot change – focus your time and energy into helping yourself feel better
- try not to tell yourself that you're alone – most people feel grief after a loss and support is available
- try not to use alcohol, cigarettes, gambling or drugs to relieve grief – these can all contribute to poor mental health