

# Managing Grief & Loss

## Grief is normal

The pain that comes with losing someone we love is normal. It is a process that is likely to take you through a range of difficult emotions.

It can hurt a lot.

There is no time limit on grieving. It's okay to feel sad and alone on days that hold painful memories and meaning.

It can be helpful to let yourself feel your grief and express your emotions.

## Prayer

Grief can sometimes make praying hard. A good way to start is to find a safe place, take a breath and let it out. Let your grief speak; tell every bit of it to God. Jesus and Mary also knew the experience of losing someone they love.

You can also ask God to help you find comfort, healing, peace, and hope.

Centre for  
Life, Marriage  
& Family

An agency of the Catholic  
Archdiocese of Perth

## Some things that can help:

- Talk to supportive friends and family who care and understand about how you are feeling, or consider being part of a support group.
- Take care of your physical health. Grieving can be exhausting, so it's important to eat a healthy diet, exercise, and sleep.
- Manage stress – lighten your load by asking friends, family members or work colleagues to help you with responsibilities, chores, or commitments.
- Relaxation and gentle exercise can be helpful.
- Do things you enjoy, even if you don't really feel like doing them.
- Ask for help; don't be afraid.

## How to help someone else:

- It is often difficult to know how to comfort someone who is grieving. Sometimes, just the simple offer of love and support is most important.
- Ask how they're feeling. Each day can be different for someone who is grieving; take the time to listen and understand what they are going through.
- Talk about everyday life, too. Their loss and grief does not have to be the focus of all your conversations.
- Be gentle; expect that they will have up and down days.
- Ask them how you can help or what they need.
- Respect their need for space but keep in contact over time; keep checking in after the initial shock wears off.
- Encourage them to seek professional support if their grief does not seem to be easing over time.

## Additional things that can help include:

- Honour and celebrate the life of your loved one – talk about them, keep a journal of your thoughts and memories, share memories and photos. There was so much more to their lives than how they died.
- Write down your thoughts and feelings. It's okay if this makes you cry. Afterwards, remind yourself about three things that bring a smile to your face about that person.
- Find a way to say goodbye that expresses your love for them. Some examples could be:
  - plant a tree in their memory;
  - write them a letter; or,
  - write a poem about them.

## Need further support?

You can obtain additional support by talking to your parish priest or contacting:

**Centrecare** - (08) 9325 6644  
[www.centrecare.com.au](http://www.centrecare.com.au)

**Beyond Blue** - 1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Lifeline Australia** - 13 11 14

**Archdiocesan Referral Service**  
0418 916 973

“Blessed are those  
who mourn, for they  
shall be comforted”

Matthew 5:4