



BEREAVEMENT

Bereavement, sometimes referred to as grief, is a term used to describe the sense of loss felt when a loved one passes away. This sense of loss may include a range of emotions, such as sadness, anger, guilt and/or frustration and anxiety, and the period immediately following the death is often referred to as the mourning period.

Bereavement affects people in many different ways and there is no right or wrong way to feel.

Stages of Bereavement

Experts generally accept there are four stages of bereavement:

- accepting that your loss is real
- experiencing the pain of grief
- adjusting to life without the person who has died
- putting less emotional energy into grieving and putting it into something new- in other words: moving on

You'll probably go through all of these stages, but you won't necessarily move smoothly from one stage to the next. Your grief may feel out of control and chaotic, but these feelings will eventually become less intense.

You may feel overwhelming sadness, you may cry, you may be angry, you may feel guilty. These are all perfectly normal feelings, and they don't mean you're not coping. Most people survive grief and find a way to live with their new reality without their loved one.

For more information on bereavement, visit the NHS website:

www.nhs.uk/livewell/bereavement

WHAT YOU NEED TO KNOW

Grief is a normal response to death and loss. There's no right or wrong way to grieve, and no two people will experience grief the same way. Talking to family and friends helps most people to cope.

If you don't feel that you want to talk to a friend or family member, you could get in touch with your local bereavement services through:

- the national Cruse helpline on 0808 808 1677
- your GP

The closest bereavement service to Queen's University is the Belfast Area Cruse Bereavement Care, located at 10 College Green.

You can contact them by:

- email: belfast@cruse.org.uk
- phone: 02890434 600
- or have a look at their website www.cruse.org.uk/belfast-area to see the services they offer

A bereavement counsellor can give you time and space to talk about your feelings, and you can have access to a bereavement counsellor at any time, even if the person passed away a long time ago. You don't have to be afraid to talk about the person that died.

You can also call to the **Student Wellbeing Service Drop-In** (via the Student Guidance Centre information area) Mon-Fri term-time, or you can email studentwellbeing@qub.ac.uk to book an appointment with a Wellbeing Advisor.

Take5

steps to wellbeing



Give



Be active



Connect



Keep learning



Take notice

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.



There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these into your daily life – think of them as your ‘five a day’ for emotional wellbeing.



Connect

Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.



Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Give to others

Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.mindingyourhead.info

Would you like to share your story on the back of this leaflet? If so please email studentwellbeing@qub.ac.uk

W: www.qub.ac.uk/sgc/wellbeing
E: studentwellbeing@qub.ac.uk

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