

I LOST SOMEONE



DEAR TO ME

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Lize van den Bergh



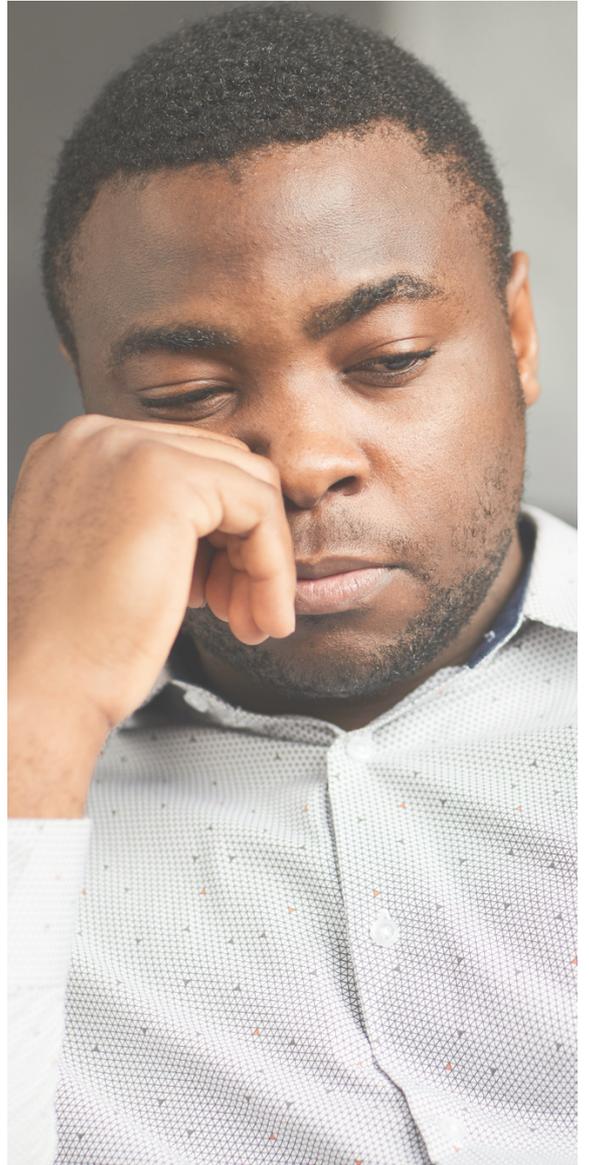
Losing a loved one can feel like the worst thing in the world. You might feel like nothing will ever be the same again and that you may never be happy without this person in your life. These intense feelings can flow into different areas of your life, such as your academics and other relationships.

Did you
know?

It is normal to experience a variety of emotions after losing a loved one.

Our first reaction is usually one of disbelief. The news is such a shock to us that we sometimes cannot believe it is true. We try to hold onto any grain of hope that this might be some mistake and that our loved one is still with us.

SHOCK AND DENIAL



PAIN

Grieving a loved one can hurt so much that it might even cause our hearts to physically pain with sadness.

Most people will tell you that they felt guilty after the death of a loved one. They feel they should have said or done something differently. This is the one emotion that people struggle with the most, as there are so many questions and “what ifs”, that a person finds it difficult to move on if they don’t forgive themselves.

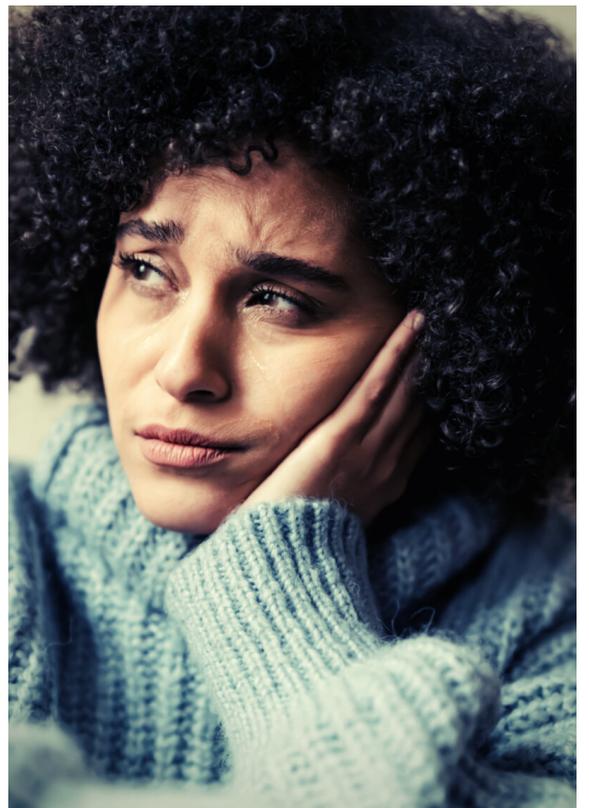
GUILT

ANGER

You might be angry at yourself, another person, the person who died or even with God (or whatever deity you believe in). You may feel that if someone did something differently, the person might still be alive.

You most probably feel a great deal of sadness with regards to your loss. This person meant a lot to you and now they are gone. You may start thinking of all the memories you shared together and all the “future losses”.

SADNESS / DEPRESSION





You might experience all of the above and more and you may also experience it in different degrees or stages. There is no recipe or “set” way of grieving. It is a very personal journey for everyone. However, the great thing is that you will feel better over time. You do not grieve forever and your feelings will not always be as intense as they are now.

Here are some things that may be beneficial to you during your healing process:

1 ALLOW YOURSELF TO FEEL WHAT YOU ARE FEELING

Do not suppress your feelings, as they will just pop out somewhere else or in an unhealthy way. It is normal to experience various emotions and for them to present themselves with different intensities.

2 TALK TO YOUR SUPPORT SYSTEM

You may feel as if you have no one left, but you will soon find out that this is not true once you start reaching out to people for support.

3 WRITE A LETTER

People often feel as if there are unresolved issues with the person that passed away. You may have wanted to express certain feelings or thoughts, but did not have the opportunity to do so. Writing a letter (or letters) to this person may help you gain some closure.

4

MAKE A MEMORY BOX

You will never forget this person, so why not make a memory box filled with special memories you shared with him/her? When you miss them, you can look through the box and reminisce joyously.



REMEMBER THAT THIS PERSON LIVES ON WITHIN YOU

5

People live on in our hearts and minds and often in our actions. Whatever you have learned from this person, you will continue to live out. In this way you can always honour this special person and they will always be a part of you and your life.

*The last step in the grieving process is **ACCEPTANCE**. There will come a day when you are truly at ease with the loss. It means you are ready to move on with your life without this person in it. You have accepted that this person is gone and that you are able to cope with that fact. You will never forget, but you will be able to remember all your special moments with a content heart, instead of with sadness.*

Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.

Vicki Harrison



RESOURCES



BOOKS

"It's Ok That You're Not Ok"

by Megan Devine

"The Year of Magical Thinking"

by Joan Didion

"A Beautiful Grief"

by Cheryl Eckl

APPS

My Grief Angels

Headspace

Lilies

WEBSITES

www.helpguide.org

www.sadag.org

www.crusebereavementcare.org.uk

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