

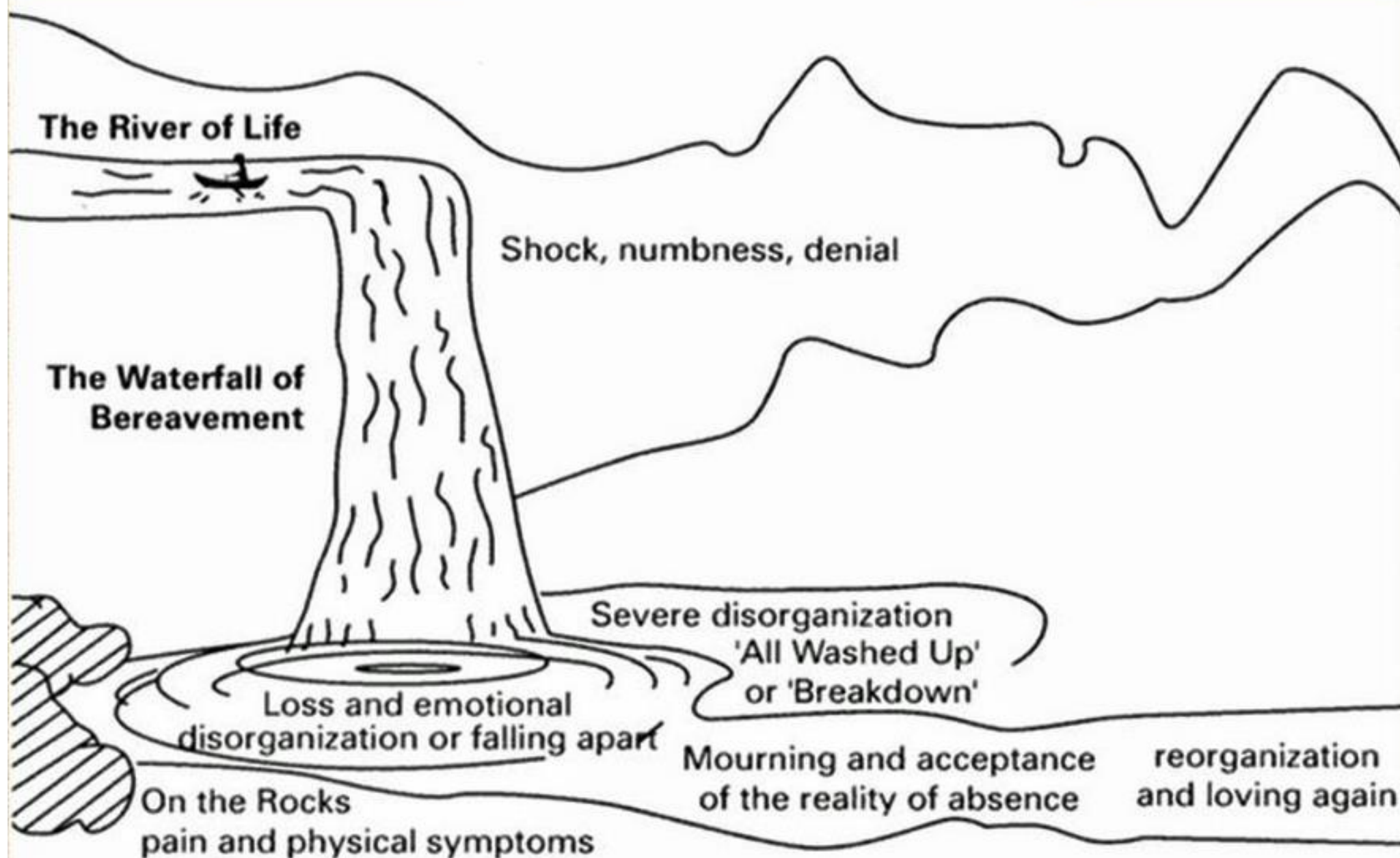
KÜBLER-ROSS GRIEF CYCLE



**INFORMATION AND
COMMUNICATION**

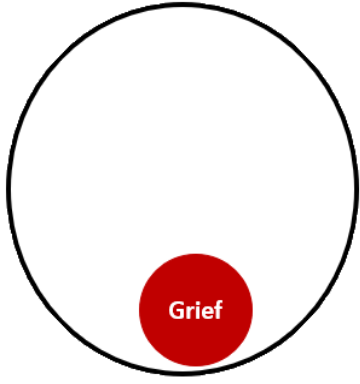
**EMOTIONAL
SUPPORT**

**GUIDANCE AND
DIRECTION**

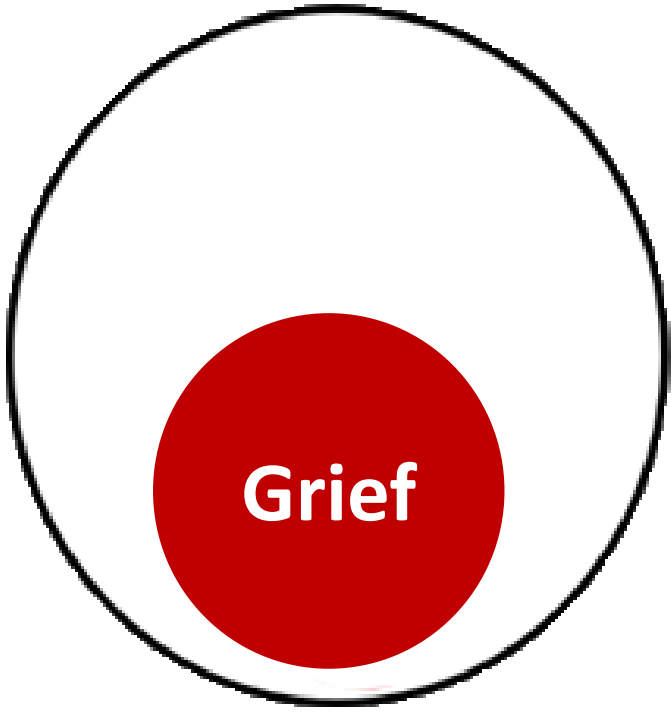
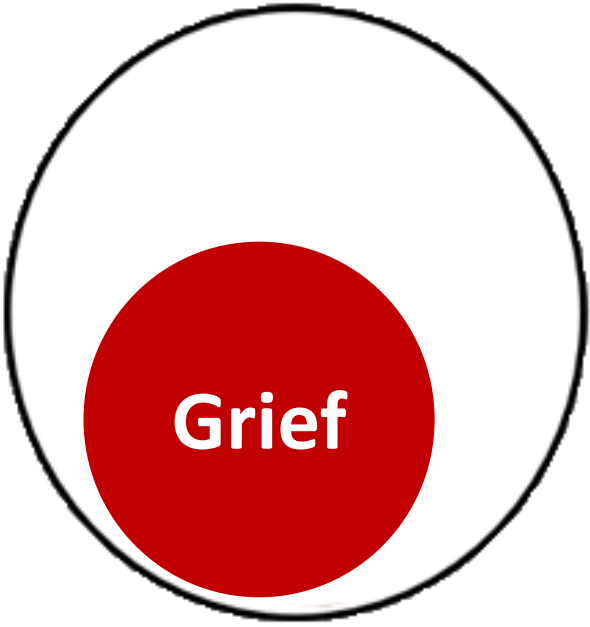


Bereavement is what happens to you; grief is what you feel; mourning is what you do.

Lois Tonkin, Growing Around Grief, 1996



People think that Grief... Slowly gets smaller... As time goes by.....

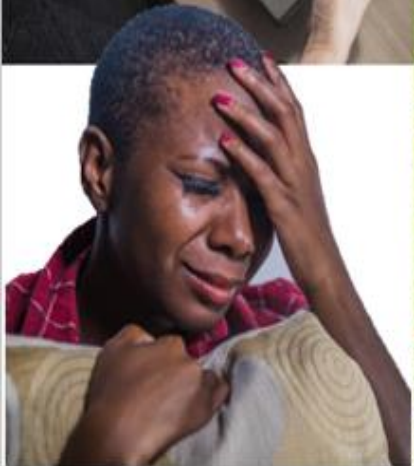


In reality, grief stays... The same size... But slowly life begins... To grow bigger around it

DUAL PROCESS MODEL

FOCUS ON LOSS

Feel it



**FOCUS ON
RESTORATION**
Distract Yourself



OSCILLATION

whatsyourgrief.com/dual-process-model-of-grief/

Grief After A Bereavement

The pain of loss can feel overwhelming but there are healthy ways to manage your grief



G

Give yourself time to process your loss, there is no instant fix

R

Remember to be kind to yourself and look after your needs

I

Invest your energy in things you can change

E

Everyone's grief experience is individual, don't compare yourself to others

F

*Find someone you can talk to about your feelings;
a friend, family member or a counsellor*

<https://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/>