

# Grieving

June 2023

If you are facing the aftermath of a death or expecting and preparing for one, my condolences.

Grief has a wide range of responses and there's no right or wrong way to grieve, as long as you're not hurting yourself or anyone else. It can affect you physically, mentally, emotionally and spiritually, and your behaviour, interactions and relationships.

Usually, the more attached you are to the person who died, the more intense your grief will be however grief can be complicated.

Many tasks may need doing and decisions made after a death so if you're feeling overwhelmed, easy does it. Take your time. More often than not, there is no need to rush. Prioritise what's most important, the rest can wait. Mental confusion and forgetfulness is common, so writing things down or recording them helps. Where possible, ask for help and share the load.

When the task of putting a loved one to rest is done and others have returned to their lives, you may be left feeling exhausted, abandoned, lost and the reality only just starting to hit home.

Grieving is hard work and can take its toll, so be kind and gentle on yourself. Rest often. Keep it simple. Take it one day, one hour, one minute at a time if need be. You may find you are more accident prone and susceptible to other ills so take care of your health and be mindful of safety, for your own sake and for those around you.

You have to go through grief to come through it. If you need support, reach out.

I wish you well.

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The logo for griefrelief features the word "grief" in a grey, lowercase, sans-serif font, followed by "relief" in a vibrant green, lowercase, sans-serif font. Below this, the tagline "navigating life and loss" is written in a smaller, grey, lowercase, sans-serif font.

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