

# Has someone close to you died?

When someone dies we can experience all sorts of different emotions. There is no right way to feel, and it's ok to have mixed emotions or reactions.

## Helpful tools

There is no right or wrong way to grieve. Everyone experiences grief differently and what is important is to know what works best for you.

**Give yourself time** – Grief doesn't have a set timetable. Feelings might come and go, and they don't always make sense, but that's okay. As time goes by, your feelings might be less intense, but it doesn't mean you're 'over' the loss. Grief can sneak up on you—like during holidays, anniversaries, or when something reminds you of that person. Just be kind to yourself.

**Express your feelings** – Talking to someone can be hugely helpful, but if you don't feel able to do this, you can also write about or draw how you are feeling.

**Practice self care** - Self-care will look different for all of us. It's about finding the right strategy or technique that works for you. Take a look at our self help tools later in this pack, or [Anna Freud's list](#) of self-care techniques.

**Get support** – There are people around you who want to help and support you. This could be a friend or family member, or anyone you trust. There are also local services that can help.

- [Cruse](#)
- [Hospice](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)