

BEREAVEMENT SUPPORT

Family Bereavement

When someone in the family dies the way things 'have always been' changes. When each family member is going through their own unique grief experience, it can be difficult to figure how to connect with and support one another.

When we are in a heightened state due to a death it is harder to think rationally. We struggle with reasoning, memory, and long-term thinking. When family members are all acting from a place of emotion, family life becomes messy. Practicing acceptance, not judgment can help.

With death control is lost. As CS Lewis said, 'No one ever told me grief felt so like fear'. Understanding the desire for control, can be important in how families can respond. Communicating how our reactions and responses are impacting upon each other without personalizing.

No one is perfect. We can be supportive when listening and learning from each other and asking the question '**What would help?**'

Family grief is messy and we do things, we often regret. It is important to be gentle and forgiving with ourselves and with others.

If there is communication breakdown keep in mind that there is Bereavement Support available. A one off session, a phone call or reading some literature can help us to be honest, open minded and willing to better understand family members' expressions of grief. Encourage each other often with the words '**We will get through this.**'

Our families can not only survive, but thrive, if we allow our unique grief experiences to knit us together and even transform us into more loving people.

*“Death does not end our story...
Death does not end our relationships”*



For further information please contact Patricia Thomas, Bereavement Consultant on (02) 9649 6423 or email patriciat@catholiccemeteries.com.au or visit www.catholiccemeteries.com.au

Mend a quarrel

Seek out a forgotten friend

Share some treasure

Give a soft answer

Encourage someone

Keep a promise

Find the time

Listen

Apologize if you were wrong

Be gentle

Laugh a little

Express your gratitude

Welcome a stranger

Gladden the heart of a child or adult

Take pleasure in the beauty and wonder of the earth

Speak your love

Speak it again

Speak it still once again