

Transcript: Grief Kind Class #5 - What can you do to be Grief Kind to yourself?

How can you take care of yourself?

In this class, we'll explore how you can be grief kind to yourself. Being around somebody who's very sad, where you are needing to do a lot of listening, a lot of supporting, a lot of encouraging can really take its toll. And it's really important that we do look after ourselves because if we let ourselves get completely exhausted and kind of burnt out, then we're no good to them. We can't continue to support them.

In order to listen to someone really well, we need to be able to absorb some of their pain, some of their feelings into ourselves so that we can really feel where they're coming from and really try and engage with them. So, we need to find ways to be able to care for ourselves, to self-care.

Some people might have to engage in something energising, some activities that are energising, some people need something soothing, you know, whether that's ranging from having a cup of tea to doing some yoga, some relaxation, or certain bits of music maybe. Some people like painting. Whatever it is that helps you to get to a more calm space that makes you feel you're caring for yourself.

Feeling guilty for looking after ourselves is understandable. It happens, but it's something that we almost need to kind of like push aside a little bit. We need to give ourselves permission to look after ourselves in order to care for someone else. It may be that if you're also grieving yourself and that it's actually just, you know, too raw and too painful for you to be supporting this person entirely on your own, that you do need to pull in some extra resources. You need to ask for help from other family members or friends.

If I'm a carer supporting somebody and grieving too, then I need to ensure that I have a place that's for me and that's for my stuff, for my feelings and my thoughts that aren't going to impinge or impair the person that I'm supporting as they're grieving and processing their own feelings and thoughts.

What can you do if you need extra help?

If we're getting to the place where we're supporting somebody and we feel like we need extra support, in the first instance I think that's really good insight because we're already aware that maybe this is a bit much for me and I don't have all the answers.

Ask your GP because they will know if you need that extra something, you know, where to send you and how and what to recommend. So, it's good to get a second opinion, even if it's just to put your mind at ease and for someone to say, you know, you're doing okay, this is tough, but this is normal.

There are lots of services out there for people who are grieving, lots of signposting services and lots of information. If you're in need of further support with supporting somebody who's grieving, then you can direct them to the Sue Ryder online services, the online counselling, and the online community. The Sue Ryder website is a good starting point if you're needing further advice, further information, or if you're looking for support for yourself or for the grieving person.