

GRIEF

Navigate Psychology



NAVIGATE PSYCHOLOGY:

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GRIEF

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Grief can be an incredibly isolating and draining experience. One moment you feel like you're coping. The next you can feel like you've been knocked over by a huge wave of emotions (loneliness, shock, anger, sadness) and it feels like you're right back at day one. There are many forms of grief: death, breakups, a diagnosis or moving countries. We never fully let go of someone or something important to us. They stay in the recesses of our mind, but become more muted as the years pass.

STRATEGIES TO WORK THROUGH GRIEF

Reach Out

At times, you'll be fighting the temptation to withdraw. However, this is the time when you need your support network. If someone asks you if they can help, tell them specifically what they can do (e.g. bring you dinner next Wednesday). People want to help, but often have no idea how to since grief is rarely discussed in western culture. Remember, you are not a burden. Share memories and photos of your loved ones. Seek out support groups or the help of a psychologist if you don't feel like you can open up to those around you.

Let Yourself Feel

Give yourself time to grieve not just for the person, but all the dreams and hopes you had for the future that can no longer happen. Let yourself work through memories, dreams, disappointments, unmet expectations and unresolved tension with loved ones, a journal or a therapist.

Reflect

One way to reflect is to write a letter to the person you've lost. You can write about what you wish you could say to them, how losing them has impacted you, what you miss the most, what you don't miss and what you have learnt from them. Alternatively, you could go to certain places you shared or do something in their honour, such as donate to their favourite charity.

Continue Self-Care

The best way to honour someone is to live properly and fully. Make sure to get dressed, eat regularly and do important paperwork. Do things that used to bring you enjoyment. It's okay to reduce your activities, but don't reduce them completely. Avoid making big decisions for the first year after a loss, and avoid excessive drinking or risk taking behaviour.



Navigate Psychology is a practice located in the heart of the Sydney CBD. We specialise in working with individuals aged 16 years and over.

Presentations:

Anxiety
Depression
Postnatal depression
Substance use + addiction
Sleep issues
Work stress/burnout
Relationship stress
Grief
Trauma
OCD

If you would like support, please reach out today.

Contact

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