

9. After someone dies

Everyone experiences grief differently – there is no ‘right’ way to feel.

Feelings can include shock, disbelief, numbness, despair, intense sadness, guilt, depression, relief, fear or anger.

It can sometimes feel as though we are on a roller coaster of emotions

Even if the death of the person happened years ago, it is quite common to experience unfamiliar or renewed feelings of intense grief and loss, especially during stressful periods at university.

How can I cope with it all?

It can feel like the bottom has dropped out of your world, and it is hard to imagine anything good ever happening again.

It might help to **talk** and **explain** to someone how you are feeling, for example:

- a tutor
- a family member
- a friend
- a counsellor

I feel so alone:

It can be hard to believe that anyone else can understand the pain you are experiencing, which can leave you feeling isolated.

Not everyone will understand but many people will.

What can help?

There is no magic wand to make the pain go away or to bring life back to normal.

Some people have found the following activities helpful in easing their pain:

- Writing poetry and/or keeping a diary
- Making a memory box
- Marking the anniversary of the death in some way – watching a favourite film or visiting a special place
- Writing a letter to the person who has died
- Recording favourite songs of the person who has died

How long will it take?

Grieving is such an individual process that it's impossible to say.

You need to:

- Give yourself time and grieve at your own pace
- Allow yourself to have fun, to laugh and cry

[Visit the Counselling and Wellbeing website for helpful online resources on Bereavement](#)