

Feeling different emotions



When someone close to us dies we can feel a whole range of emotions: sadness, anger, remorse, frustration, happiness, fear, guilt. We may even feel several emotions at the same time or feel quite numb, both can be really difficult to express to those around us.

You may find that you behave differently following a loss; you may have a 'short fuse', distance yourself from your family and friends, or lose the motivation to do the things that you normally enjoying doing. All of these reactions are perfectly normal, and if you feel that you're doing ok, that's normal too!

How we feel a loss is personal to everybody, you may find that different people in your home have different responses to someone dying. There is no 'right' or 'wrong' way to grieve. However, we at the 565 service are here to help you in bereavement.