

走出伤痛手册

哀悼亲人的离开

我们希望这本手册可以帮助您开始您的愈合。

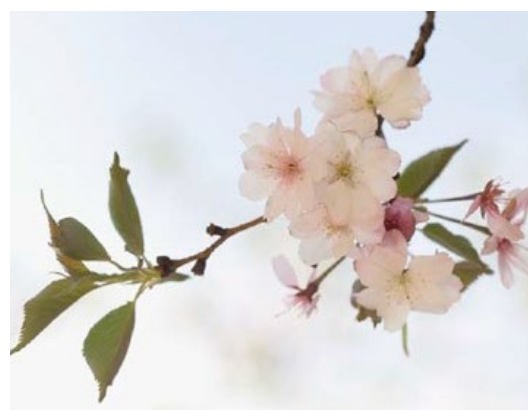
悲伤是对重大损失的自然反应。

当我们失去至亲时，我们每个人都会用自己的方式和速度来表达我们的悲伤。很多事会影响我们表达悲伤的方式和速度。我们的种族背景，文化，性格，生活经历，精神信仰，抗压反应，和我们的关系都可能影响我们的悲伤过程。

哀悼悲伤没有对错之分。有些人自由的表达悲伤，在他人的陪伴下找到安慰，并把遗物放在身边。有些人在独处时找到安慰，远离能提醒我们的事物。还有些人认为文化和精神仪式可以帮助恢复秩序和意义。

在您的悲伤的过程中，知道会发生什么可能可以帮助您面对您的伤痛和孤单。这也可能帮助您了解您的感受是常见的。

哀悼的过程可能很长，缓慢和痛苦。您可能经常感到悲伤和思念。对很多人来说，悲伤的过程也是一个成长和强壮的经历。现在这可能让人难以置信，因为您的悲伤才刚开始。记得善待自己。



*因为我们不是从虚无中诞生的，
我们也不是从虚无中死去的。存在是一个圆，当我们用它来衡量
摇篮和坟墓的界限时，我们就犯了错误。*

- Manuel Acuna

刚去世时

您可能感到震惊或麻木—震惊死亡的到来和拒绝失去的现实。这些保护您免受伤害的感觉可能非常强烈。有些人表示看到至亲不再痛苦感觉如释重负。这些感觉都是常见的。

感到迷失

您可能会有段时间特别愤怒。愤怒来源于无法控制自身处境的无助感和挫败感。这也可能来源于感觉被至亲抛弃的感觉。愤怒时悲伤过程的一部分。困难处在于学会用健康的方式来表达。

起初，您也可能在失去至亲后感到内疚。随着时间的流逝，您会学会接受过去的已经过去了，责怪自己也无法让逝者回来。

意识到至亲的离开

当您开始接受您的至亲已经离开的事实时，沮丧和绝望会席卷而来。这将是寻找他人安慰的时候了。

重建自己的生活

在某个时候，您会开始发现好日子比差的时候多，并且进入一个调整和接受的时期。虽然您的生活不再原样，但您会开始发现新的意义和目标。

失亲的反应

失亲可能会改变您的行为。您可能会焦躁不安或容易哭泣。您可能会暴饮暴食或吃很少或无法入睡。

思维判断可能会改变。您可能会无法集中，或可能感到混乱。做决定可能会更困难。您可能沉溺在难过的记忆或担忧中。

失亲可能导致一些不寻常的，新的感觉。感到焦虑和难过是很常见的。您可能会觉得麻木，孤单或无助。您可能焦躁或愤怒，或者感觉您要“疯了”。有些人在悲伤时会因自己为至亲做过或没做过的事感到内疚。离世后，有些人会感到如释重负。

有些人会发现他们的身体健康有所改变，如头晕，疲惫，口干，头痛，心慌，或呼吸困难。肠胃不适或胸闷可能是因为紧张和焦虑的关系。

您可能也会发现自己的社交和人际关系的改变。比如，您可能会更依赖其他人或觉得您的朋友不理解您。您甚至可能羡慕或仇视他们的快乐。



绝望后希望的重燃，就像黑暗后，阳光光芒四射。

- Rumi

悲伤的阶段

虽然我们的反应大不相同，但是在悲伤过程中的阶段还是有共同处的。我们可能在这些阶段中来回徘徊。每一个环节都是这个过程中的一部分。随着时间的推移，经历这些阶段能帮助您调整并接受您的所失。

您可能不会按顺序经历这些阶段。大多数人会根据个人生活在这类阶段徘徊。一个人可能多次经历同一个悲伤阶段，但感受的程度和持续的时间会慢慢减少。

允许自己感受这些强烈的感觉可以使其随着时间减少。如果您控制它，他们可能会一直都很强烈。当您经历悲伤过程时，您的情绪可能会大起大落。

从悲伤中恢复过来

悲伤时一个需要精力和注意力的艰巨的工作。您的文化传统或精神的哀悼仪式可以给您提供一个框架和焦点。

当您在悲伤时，您可能无法一次性做很多事。试着给自己定一个一天，一周或一个月的比较简单的目标。专注在您每天的安排的事上，并试着让悲伤是首要任务。

- **讨论悲伤。** 认识您的情绪，接受它们，并找到表达它们的方式可以帮助缩短悲伤过程并帮助您复原。
- **面对失去的事实。** 逃避失去的事实可能延长悲伤过程并使其更痛苦。
- **善待自己。** 试着不要急着经历完悲伤。试着不要接受新的责任。
- **认识并表达自己的情绪。** 强烈的感受在您开始接受您的失去时会席卷而来。允许自己去感受他们。给点时间去感受悲伤—翻看旧照片和阅读旧信件。给自己一个安全的地方和时间去哭泣—您会惊讶的发现哭泣可能可以给您带来一些缓解。通过剧烈运动或者和朋友或咨询师谈天来释放您的愤怒。阅读有关悲伤的书籍来帮助自己找寻其他人是如何面对的。
- **分享您的悲伤。** 接受那些可以提供支持的人的关心和同情。如果好友或家人没时间，考虑咨询一位在帮助他人经历悲伤上受过训练的咨询师。很多人发现参加一个悲伤支持小组有帮助。跟他人分享您的见解，您可以学习到您的悲伤时自然和正常的。
- **照顾好您的情绪和身体需求。** 找一些自己可以做的简单的事来培养自己。每天花点时间来给自己准备和进食均衡的饮食，有充足的睡眠和锻炼身体。避免酒精和毒品—他们可能让您的悲伤过程更持久。

- **写日记。** 写下您的感受能帮助您表达您痛苦的情绪。这也会是您的一个进展记录。
- **留意困难处。** 假日，生日，周年和日常进餐时间都可能变的困难。您可能会想要避开那些会让您想起失去的疼痛的地方。试着在这些时候提前做好准备。
- **允许自己改变您的日常。** 改变一些跟您失亲的一些小提醒和小日常可能会帮助您的悲伤并开始重建一个新生活。
- **重新定义人生。** 在某段时间，您会感到已经准备好了重新步入社交圈并开始结交新的朋友或者增进现在的关系。随着时间的流逝，您会开始定制您人生的新目标和意义。

孩子和悲伤

当有人去世时，告诉孩子真相。试图不告诉他们发生的事情来保护他们可能会给他们造成持久的伤害。您的文化和精神信仰会指引您怎么和孩子解释死亡的意义。

- 让孩子知道您对他们的爱和支持。并确定的让他们知道死亡不是他们的错。
- 让孩子参与哀悼的过程，让他们看到您的悲伤。鼓励他们表达自己的感受和提出问题。
- 告诉您的孩子谁会照顾他们。将它们纳入日常计划中，例如，“放学后我会去接你。在我上班的日子里，奶奶会来接你。”
- 孩子们在经历死亡后不久就玩耍和大笑是正常的，即使他们非常悲伤。儿童处理悲伤的方式与成年人不同。体育活动帮助他们表达情绪，消耗能量。
- 青少年更有可能寻求同龄人的支持。对青少年敞开心扉，但如果他们不想和您说也不要感到伤心。
- 如果孩子能在亲人的安慰和
- 孩子如果能从可靠的亲人身上获得安慰和安全，告诉孩子他们是被爱的，
- 孩子是很有弹性的。为自己寻求帮助这样您才能帮助您的孩子。

寻求帮助

如果您有困扰您并长时间都不消的身体症状，您可能需要去看医生。

如果管理您的日常或照顾自己变得困难了，跟咨询师聊聊可能会有帮助。

有用的资源

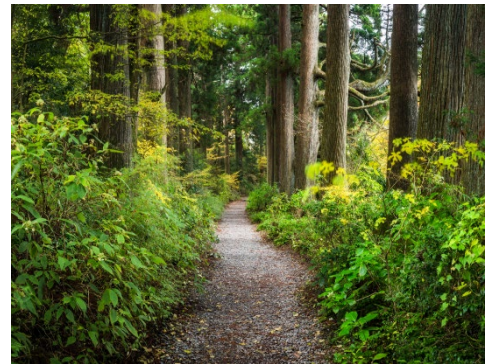
在多数社区都有很多支持和信息来源。有些是咨询师，神职人员和精神顾问，悲伤支持小组和研讨会。您也可以在您附近的图书馆，书店或网上找到有关悲伤过程的资料。您的社工也可以帮您找到很多这些资源。

疑虑？

您的问题很重要。如果您有任何问题或疑虑请联系我们。

华大医疗社工和护理协调部：

- **Montlake 区:** 206.598.4370
- **西北医院:** 206.668.1304
- **海景医院社工:** 206.744.8030



我会想念那些我爱过但已经不在我身边的人，但我发现我很感激曾经爱过他们。感激之情最终战胜了失落。

- 匿名

A Guide Through Grief

Mourning the loss of a loved one

We hope this booklet will help you begin the process of your healing.

Grief is a natural response to an important loss. When we lose someone dear to us, each of us grieves in our own way and at our own pace. Many things affect how we grieve, and for how long. Our ethnic backgrounds, cultures, personalities, life experiences, spiritual beliefs, responses to stress, and our relationships all may impact our grief process.

There is no right or wrong way to grieve. Some of us express grief freely, find comfort in the company of others, and keep reminders of loved ones nearby. Others find comfort in being alone, away from reminders of our loss. Still others find that cultural or spiritual rituals can help restore order and meaning.

As you begin your grieving process, knowing what to expect can help you cope with the pain and loneliness. It may help to know that your feelings are common.

The grieving process may be long, slow and painful. There may be many times when you feel sorrow and yearning. For many people, the grieving process may also be a strengthening and growth-filled experience. This may be hard to believe right now, when your grief is so new. Remember to be gentle with yourself.



***For out of nothingness we are not
born, and into nothingness we do
not die.***

***Existence is a circle, and we err
when we assign to it for
measurement the limits of the
cradle and the grave.***

- **Manuel Acuna**

Right After the Death

You may have a feeling of shock or numbness – shock that the death has occurred and denial that the loss is real. These feelings protect you from pain that can be overwhelming. Others report a feeling of relief that their loved one's suffering has ended. These feelings are common.

Feeling the Loss

You may have periods of anger. Anger can grow out of feelings of helplessness and frustration at not being able to control your situation. It can also come from feeling abandoned by your loved one. Anger is a part of the grieving process. The challenge is to learn to express it in healthy ways.

At first, you may also feel guilt related to your loss. Over time, you can learn to accept that the past is over and that blaming yourself will not bring your loved one back.



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digital copy of
this handout.

Recognizing That Your Loss Is Final

When you begin to accept that your loved one is gone, depression and despair can set in. This is the time to reach out to others for comfort.

Rebuilding Your Life

At some point, you will begin to have more good days than bad days, and you will move into a period of adjustment and acceptance. Although your life will never be the same, you can begin to find new meaning and purpose.

Reactions to a Loss

Loss may change the way you behave. You may be restless or cry easily. You may eat too much or too little or have trouble sleeping.

Thinking patterns may change. You might have trouble concentrating, or you might feel confused. Making decisions can be harder. You may dwell on sad memories or worries.

Loss can cause unfamiliar, new feelings. It is common to feel anxious and sad. You may feel numb, lonely, or helpless. You may be irritable or angry, or feel like you are “going crazy.” Many grieving people feel guilty about something they did or did not do for their loved one. After a death, some people even feel relieved.

Some may notice changes in their physical health, such as dizziness, exhaustion, dry mouth, headaches, pounding heart, or shortness of breath. Stomach problems or tightness in the chest may be related to tension and anxiety.

You may also notice changes in your social life and relationships. For example, you might depend more on others for a while or feel that your friends do not understand you. You may even envy or resent their happiness.



***After despair many hopes
flourish. Just as after
darkness, thousands of suns
open and start to shine.***

- Rumi

The Phases of Grief

Even though our reactions vary widely, there are common phases in the grief process. We can cycle in and out of these phases. Each one is part of the overall process. Moving through these phases helps you adjust to and accept your loss over time.

You may not go through these phases in order. Most people move back and forth between them, depending on other events in their lives. A person may go through the same phase of grief several times, but the intensity of the feelings and how long they last slowly lessen.

Letting yourself feel these strong feelings will allow them to lessen over time. If you hold them in, they may remain powerful. You may have dramatic changes in your emotions as you go through the grieving process.

Healing from Grief

Grieving is hard work that requires energy and attention. The grief rituals and traditions of your culture or spiritual practice can help provide structure and focus.

When you are grieving, you may not be able to do many tasks at once. Try setting simpler goals for what you can get done in a day, a week, or a month. Focus on what you do manage to do each day and try to make grieving a priority.

- **Talk about grief.** Recognizing your emotions, accepting them, and finding ways to express them can help shorten the grieving process and help you heal.
- **Face the reality of the loss.** Avoiding the loss may make the grieving process longer and even more painful.
- **Be gentle with yourself.** Try not to rush through your grieving. Try not to take on new responsibilities.
- **Acknowledge and express your emotions.** Strong feelings will come up as you begin to accept your loss. Allow yourself to feel them. Make time to grieve – look at old photos and read old letters. Give yourself a safe place and time to cry – you may be surprised to find that crying may bring some relief. Let go of anger by exercising vigorously or talking with a friend or counselor. Read books about grief and loss to find out how others cope.
- **Share your grief.** Accept sympathy and concern from those who can provide support. If close friends or family members are not available, consider seeing a counselor who is trained in helping people grieve. Many people find that attending a grief support group is helpful. By sharing insights with others, you can learn that your grieving is natural and normal.
- **Take care of your emotional and physical needs.** Find simple things you can do to nurture yourself. Take the time to prepare and eat balanced meals, get enough sleep, and exercise each day. Avoid alcohol and drugs – they can make your grieving process last longer.
- **Keep a journal.** Writing down your feelings can help you learn to express painful emotions. It can also give you a record of your progress.
- **Be aware of possible trouble spots.** Holidays, birthdays, anniversaries, and even ordinary meal times may be difficult. You may want to avoid special places that now are painful reminders of your loss. Try to plan ahead for these times.
- **Give yourself permission to change your routine.** Changing some of the little reminders and routines of your lost relationship may help you to grieve and begin to build a new life.
- **Refocus on life.** At some point, you will feel ready to re-enter the social world and begin to make new friends or strengthen current relationships. Over time, you will begin to create new goals and meaning for your life.

Children and Grief

Tell children the truth when someone dies. Trying to protect them by not telling them what happened can do lasting harm. Your own cultural and spiritual beliefs will guide what you say to children about the meaning of death.

- Assure your children of your love and support. Reassure them that the death is not their fault.
- Let children take part in the mourning process, and let them see your grief. Encourage them to express their feelings and ask questions.
- Tell your children who will be caring for them. Include them in plans for daily routines such as, “I will pick you up after school. On the days I work, Grandma will pick you up.”
- It is normal for young children to play and laugh shortly after a death, even when they are very sad. Children process grief in different ways than adults do. Physical activity helps them express their emotions and burn off energy.
- Teens are more likely to turn to peers for support. Be available for teens but do not be hurt if they do not want to talk with you.
- Children can recover from grief if they have loved ones they can depend on for comfort and security, who can reassure them that they are loved.
- Children are resilient. Get support for yourself so you can support your child.

Asking for Help

If you have physical symptoms that disturb you and that do not go away for a long time, you may want to see your doctor.

If it is becoming hard to manage your daily activities or to take care of yourself, talking with a counselor may help.

Helpful Resources

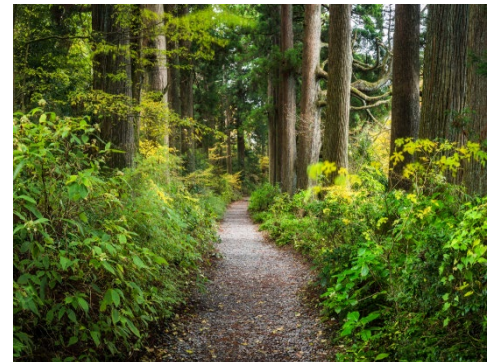
There are many sources of support and information in most communities. Some of these are counselors, clergy and spiritual advisors, grief support groups, and workshops. You can also find materials about the grieving process at your local library or bookstore, or online. Your social worker can help you find many of these resources.

Questions?

Your questions are important. Please call us if you have questions or concerns.

UWMC Social Work and Care Coordination:

- **Montlake Campus:** 206.598.4370
- **Northwest Campus:** 206.668.1304
- **HMC Social Work:** 206.744.8030



I will miss those I loved who are no longer with me, but I find I am grateful for having loved them.

The gratitude has finally conquered the loss.

- **Anonymous**