

BEREAVEMENT: LOSING SOMEONE SPECIAL

STUDENT COUNSELLING

Life may well never be quite the same again but your feelings of loss will not always be as painful as they are now. There are places to go if you find you need more than you, friends or family can provide.

Massey Counselling Services offer a confidential and sensitive service that can help. We also have a very wide range of books and CDs you can use to “help yourself”. Our Website also has links to numerous other sources of information and support.

Other sources of help could be your spiritual leader, Massey Chaplaincy services or the Samaritans, Ph 0800 726 666. Most libraries have self-help books which many people find helpful.

WHERE DO I GO FROM HERE?

If you would like to make an appointment to see a counsellor to learn more about this topic, please contact the counselling service on your campus.

Distance students can contact any one of the campuses. Please tell the receptionist if you need an urgent appointment.

CONTACT DETAILS

ALBANY

Health and Counselling

Hours 8.30am – 5.00pm

Monday – Friday

Phone (09) 443 9783

Email: Studenthealth@massey.ac.nz

MANAWATU

Student Counselling Service

Turitea Campus, Palmerston North

Hours 8.30am - 5.00pm

Monday – Friday

Phone (06) 350 5533

Email: s.counselling@massey.ac.nz

WELLINGTON

Student Counselling Service

The Student Services Trust @ Wellington

Hours 8.30am - 5.00pm

Monday – Friday

Phone (04) 801 25 42

<http://crow.massey.ac.nz>

<http://health-counselling.massey.nz>

STUDENT COUNSELLING SERVICES

SKILLS – INSIGHT - SUPPORT

0800 MASSEY | MASSEY.AC.NZ



BEREAVEMENT

When you came to University, one of the last things that would have been on your mind was losing someone special.

WHAT IT MEANS TO LOSE SOMEONE SPECIAL

When you have lost someone special, it may feel like life will never be the same again. Many things will be going through your mind.

Every memory of the special person may bring fresh floods of tears as you realize you will never be able to go for a walk with them again, or see them on Christmas day or get a phone call from them. It is difficult to predict what will spark these memories and thoughts. For some people it is hearing a particular piece of music that you used to dance to together. For others it is their birthday or graduation day. Still others may hear a phrase that they used a lot or be reminded by someone's smile. Seeing other couples or mothers or hearing others speak about their brother may also bring remembrances.

Feeling upset, numb, angry, helpless or hopeless are natural when you have lost someone special. It isn't very helpful to berate yourself for feeling this way. Thinking that you should "just pull yourself together" or be "happy for them, they've gone to a better place" is not very helpful either.

It is hard to predict how long it will take you to feel that life will go on and that you can cope. For some people it is a fairly short time and for others it seems to take for ever. There are things you can do which may help you to make some sense out of a difficult situation and thus help you to feel as if you are able to get on with your own life again.

HOW DO I GET MY LIFE BACK TOGETHER AGAIN?

- Give yourself the space to grieve—don't try and rush things along,
- Take care of yourself—see that you get enough sleep, exercise and food.
- Spend time with other people—share memories of your special person.
- Spend time with others doing enjoyable things - at first you may not feel as if you are having much fun, but with time things will become more of a pleasure again.
- Be prepared for a sudden 'out of the blue' re- minder or sad feeling—it is a natural part of grieving and will pass.
- Take time to enjoy those special people who are still with you.
- If you feel that you can't cope or are being a 'burden' to those around you - consider coming for some counselling. Many people do this and find it helps.
- Find a way that you feel comfortable with to 'talk to' your special person. You may want to go somewhere special to do so or play some mean- ingful music. It doesn't matter where you choose as long as it feels ok for you. Other people may have other ideas such as thinking you should visit the grave. If it doesn't feel right, you may wish to do something different.

SELF CHECK

You may like to check out what you are doing or can do to help yourself in your bereavement.

I am:

- Eating, sleeping and exercising sufficiently.
- Talking to supportive friends and family frequently.
- Keeping the routines of my life going; work, sports, interests and friends.
- Not making any big sudden decisions about my life.
- Taking special care of myself in ways I value.
- Minimising or avoiding drugs, alcohol and smoking.
- Avoiding extra responsibilities during this healing time.
- Expressing myself creatively through art or writing.
- Finding a place and time to 'talk to' my special person.
- Doing some fun things.
- Consider going to a counselling service.

