

# Coping Strategies for Bereavement and Grief



**P. D. HINDUJA HOSPITAL**  
& MEDICAL RESEARCH CENTRE

**Loss Defined:** - Loss is the experience of parting with an object, person, belief or relationship that one values. Losses are experienced daily by each one of us and can be minor or major - depending on the perception of loss by the person experiencing the loss. The impact of loss depends upon the value the person placed on what was lost.

**Types of Loss:-** Tangible losses are apparent and easily recognized - e.g., loss of a body part, changes in physical health. Intangible losses are less obvious and may be tied to personal perceptions such as one's prestige, power, dreams, plans, security, etc. Admitting to the accompanying feelings of loss is difficult or embarrassing. Consequently, emotional support is inadequate.

**Loss Related To Caregiving:** - Providing care for a friend or family member can be exhausting at times. There are physical care needs along with the emotions you feel, as you adjust to changes in your friend or family member's life. With each change, a feeling of loss is experienced. Coping with these feelings while you provide care for your friend or family

member is a challenge. You may experience feelings of guilt, sadness, anxiety, withdrawal, irritability, feeling overwhelmed, anger, frustration and helplessness, and appetite changes.

### Steps For Coping:-

1. Talk about your feelings - reach out to others - this will help reduce feelings of isolation.
2. Join a support group - support groups provide caregivers with the opportunity to share with other caregivers and learn from one another.
  - (a) Those feeling isolated by their caregiving responsibilities, can join a group by telephone or the internet.
  - (b) Local organizations provide support groups that you can attend in person.
3. Write down your feelings. If you enjoy writing, it is a wonderful way to express feelings of loss and grief.
4. Read a book on coping with grief. Several books are available on caregiving issues, self - help, grieving and loss.

5. Make time for yourself - for some people it means time spent with friends, family members or group participation. Others may need time alone. Still others need to spend time doing something active such as walking, gardening, etc.
6. Get help when needed. You may need help with meeting the demands of caregiving. Family and friends can provide some of the help you need at this time. There are also professionals available.

To know more about Coping Strategies for Bereavement and Grief contact Geriatric Clinic (Clinic for the Elderly)

The Geriatric Clinic is located at  
**3<sup>rd</sup> floor, Health Check Department,  
Hinduja Clinic Building**

Timing - **Thursday - 9.30 am to 11.30 am**

To schedule an appointment call  
**39818181 or 67668181**

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