

5 tips to deal with bereavement

Unfortunately, our helpline in partnership with the Diocese of Chichester has come to a close, therefore we thought the below tips would be beneficial to you or someone you know if you have lost a loved one during this time.

- 1** Share how you are feeling with others. It's ok to feel sad and to cry. It may be painful to talk to friends or family; however, they will be able to provide support, and will want to help you. Helplines are also available such as Cruse Bereavement Care ([Sussex branch](#)). Phone number: 0808 808 1677.
- 2** Look after your mind, body and spirit. [More advice can be found here](#), written by our Mental Health and Wellbeing Officer, Elle Weaver. These simple activities and habits will support a positive mindset.
- 3** Take time for yourself and perhaps do something you enjoy. Whether that be: baking, talking with friends over Zoom or the phone, beauty treatments, walking or cycling, painting or drawing.
- 4** Read the book of Psalms in the bible. This book is full of poems, hymns and prayers and is particularly good for when you don't have the words to pray to God.
- 5** Try to have a routine and eat well. It can be easy to fall out of a routine and eating well. Typically, when people feel down, they can get into poor sleep patterns, staying up late and sleeping during the day. Try to get up at your normal time and ensure you get enough sleep. Not having a routine can affect your eating as well, therefore try to eat regular healthy meals.

