

Responding to Sudden Loss



We struggle to make sense of confronting information that is **not yet a reality** to us. **Memories** of connection or conflict, shared moments, or struggles, can **remind us of past experiences** in our lives, perhaps other times when grief wrenched out the unanswerable **question**: 'why?'

Taking care of ourselves and each other is important, as we navigate complex emotions and thoughts that are now focused on the person and our relationship with them.

Notice how this news has landed in your body and **make space for those sensations** by breathing with **slow exhales, gentle movement**, or taking some **time out** for a cuppa. Emotions may overwhelm and then pass like waves. Initially these waves will be closer together and more intense. Moving in and out of grief is a **natural process** we can allow. Conversations with your colleagues, friends, or family can be healing and will allow you to process what has happened – **call someone and talk it out**.

Your grief is **unique** and will take a path **reflective of the relationship** you had with the person who has died. Traveling this path **without judging yourself**, even if your thoughts or feelings might not be understood by others, will allow you to acknowledge the unique way this person became part of your story.

