

## Other SOSBSA Publications

Olwen Schubert

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SOSBSA — Publishers

*The Nature of Words: Guidelines for  
Communicating with the Bereaved by Suicide*

SOSBSA — Publishers

ISBN No 0 958 631 3 1 x

*Facilitating a Bereaved Employee: Guidelines for  
Employers*

SOSBSA — Publishers

ISBN No 0 958 631 328

*Suicide: The Aftermath*

SOSBSA — Publishers

Bruce Dimmock

*Feeling Suicidal? Thoughts on Self Help*

SOSBSA — Publishers

ISBN No 0 958 6313 3 6

# First Aid for Emotional Hurt



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## Out of the Shadowlands

We, as survivors, have stepped out of the shadowlands of despair at the loss of a much loved member of our family, or a dear friend — and although each day may have been, and for some may still be, an extreme effort to rise and face another day — we are still here! We are survivors and as we face each personal memorable event, we take another step out of the shadowlands of our grief towards the hope of healing.

# First Aid for Emotional Hurt

## *You Are Not Alone*

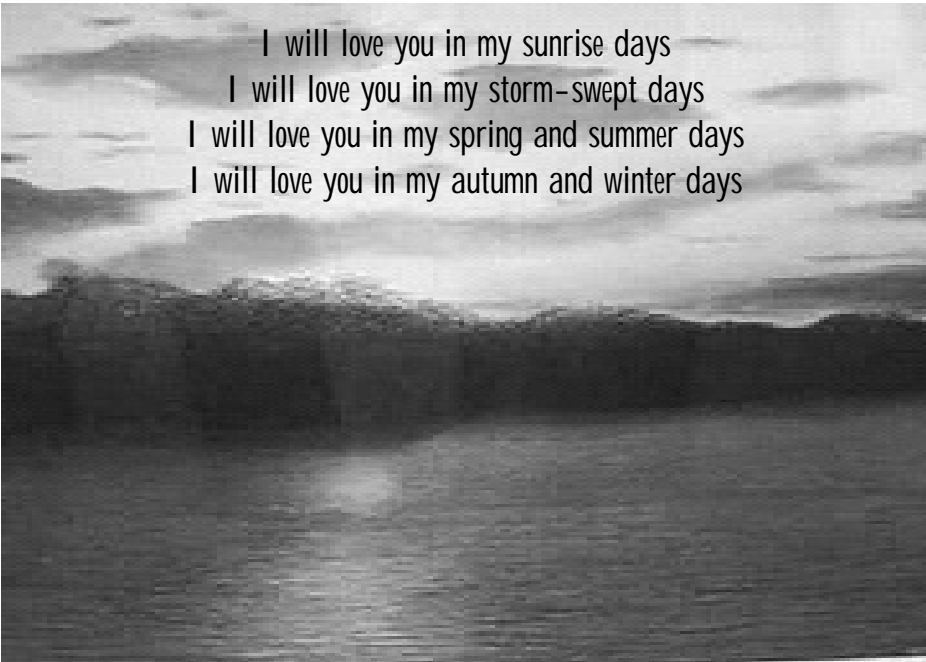
You are not alone  
Let us walk the grief path together  
Let me hold your hand  
For I do understand

You are not alone  
Let me help ease your pain  
Let me hold your hand  
For I do understand

You are not alone  
Let us weep together  
Let me hold your hand  
For I do understand

You are not alone  
Let us share our memories  
Let me hold your hand  
For I do understand

*Olwen Schubert*  
5/8/99



I will love you in my sunrise days  
I will love you in my storm-swept days  
I will love you in my spring and summer days  
I will love you in my autumn and winter days



We all feel pain when we lose a loved one, but there are positive steps you can take to aid healing in the grieving process. This is intended to be a guide to help you through your grief — *things to do when it seems that there is nothing to be done*. Some thoughts that may help.

### **It is so hard to accept what you may feel:**

- ◆ You can expect to feel shock for a while
- ◆ You may struggle to believe that this could have happened
- ◆ You may feel anger

### **Hurt is normal:**

- ◆ You are hurting
- ◆ To feel intense pain after the loss of a loved one is normal
- ◆ You might be frightened by your pain, both physically and emotionally
- ◆ It's healthy to allow yourself to feel your pain

### **You may feel alone:**

- ◆ Everyone will experience loss at some time in their lives
- ◆ Loss is a part of life
- ◆ Somehow the support of mutual suffering eases pain

### **Remember you are human and worthwhile:**

- ◆ Your self-esteem may have suffered, your thoughts may be full of guilt, worry, anger, condemnation and self-deprecation. These thoughts are normal symptoms of the stress you are feeling
- ◆ Keep on asking 'why?' until you no longer need to

### **Look after yourself:**

- ◆ Rest as much as possible
- ◆ Try to accept help if offered
- ◆ Productive work sometimes helps. Do as much of that as is comfortable
- ◆ Be gentle with yourself

### **It's okay to need comforting:**

- ◆ Accept support from family, friends and co-workers
- ◆ An emotional wound is real. It can be disabling and painful, it's okay to need comfort.
- ◆ Feel free to seek the help of a professional grief counsellor

### **The question of suicide:**

- ◆ You may be having suicidal thoughts. Know that they are a natural symptom of severe emotional pain and that there is no need to act on them
- ◆ If you are afraid these thoughts are getting out of hand, seek professional help at once
- ◆ The feeling will lessen with the passage of time, you can count on that, you will begin to recover

### **Do your mourning now:**

- ◆ Everything else can wait. An emotional wound requires the same priority attention as a physical wound. Set aside time for mourning
- ◆ If you resist mourning, you will be interfering with the body and mind's natural stages of repair
- ◆ If you postpone the healing process, grief can return with intense emotion months, even years, later.

### **It's okay to feel sad:**

- ◆ Sometimes behaving as though you have more energy, enthusiasm or happiness than you actually have can be helpful in your healing process
- ◆ Crying has its own special use. It is a cleansing, marvellous release for men as well as women

### **Duration of grief does not equal love:**

- ◆ Remaining distraught for a long period of time is not proof that you 'really loved'. In other words, don't feel duty-bound to feel pain for any longer than it is actually there
- ◆ As you continue to heal, you will find that you can think more clearly, become more decisive, your concentration improves and your view of life is brighter
- ◆ It's okay to laugh!

### **It's okay to feel anger:**

- ◆ Sometimes you may feel angry at the loved one who suicided, at God, at the medical profession and even yourself
- ◆ It's okay to act out your anger in a way that does not hurt yourself or others

### **Changes:**

- ◆ Try not to take on any new responsibilities or make any major decisions



Members of SOSBSA empathise with you as they, too, have lost a loved one and have travelled the arduous journey through grief. They offer support at their meetings or by telephone.

### **Telephone Contacts — 1300 767 022**

24 hours — 7 days

### **Support Meetings**

#### **Mt Gravatt**

Fridays — fortnightly  
at 7:30pm  
Community Centre  
1693 Logan Road  
Mt Gravatt

opp TriCare Nursing Home

**Facilitator: Denise**

**1300 767 022**

#### **Cairns**

Red Cross House  
247 Lake Street  
at 7:30pm

2nd Friday of every month

**Facilitator: Fran on 4045 2955**

**or 0407 695 891**

#### **Hervey Bay**

Coffee and Chat Mornings  
2nd Monday of the month  
at 10:00am

**Facilitator: Olwen**

**0401 311 468**

#### **Bundaberg**

Neighbourhood Centre  
111 Targo Street

2nd Wednesday of every month  
at 10:30am

**Facilitator: Peter**

**4155 1015**