

When a loved one dies, you feel sad. It is as if part of you has also died, because the deceased person will not come back to life and will no longer be there beside you or talk to you. If the person was very close, you may even feel lost and not know what to do. Your body may also be affected and it is easier to fall sick. **It is quite normal to feel sad. This is not depression.**

You need to let sadness out so that over time joy can enter your heart again. Everyone does this in their own way, which could mean crying, talking, quietly withdrawing, etc. Speaking to friends, family, doctors or psychologists can help.

Hiding grief does not help and neither does putting on a brave face.

Death is part of life and is its natural conclusion. For some the path lasts longer while for others it is briefer. When death comes suddenly and someone dies earlier than expected, particularly if they die before their parents, or if a child loses her mother or father, **it is harder to accept.**

Some people look for someone to blame for the death. That does not help them to overcome the pain, but rather fills them with hate and even more pain. Other people feel guilty. We should accept things as they are: **anger and guilt look to the past and not to the future.**

Some people spend years and years grieving over the death of a loved one and cannot come to terms with it. Others talk mentally to the person who has died and can get trapped in the past. It is necessary to accept that the other person is dead, **to let them go and to say goodbye in peace, from the bottom of your heart.**

You therefore need to start gradually living your life without the other person.

If you have to **sort out** the deceased person's things or choose what to **throw away**, you go through the sadness again. Some people prefer to leave everything intact, as if the dead person were coming back. Some prefer to get rid of everything, while others are afraid to sort things out and cannot even enter the dead person's room. Our advice is to organise things when you start to get over the sadness and to try and **keep nice memories**. It is a good idea not to take important decisions, such as selling a flat or a car or dealing with work matters, in the first few days after the death.

Birthdays remind us of the person who has died and we feel sad again. It is advisable to take stock and to let your feelings come out naturally.



People want to be remembered for what they have done, for beautiful things and not for the sad moment of their death. We should remember them joyfully, pleased that we were able to enjoy their company, just as they were and without idealising their image.

Over time, the hurt heals and we can remember them without feeling as much grief. **You will always remember them with love in your heart.**