

## Thoughts and ideas to help you feel less alone and know people care



**Reach out:** Although you may not be able to see people in person, please reach out to as many people as possible at this time using the phone, text, or internet if it is available to you. Grief is hard at the best of times but grieving in isolation will feel much worse.



**Online Support-** Did you know that we have an online bereavement support page. You can join the group by searching 'St Mary's Hospice bereavement support' on Facebook or copy the link <https://www.facebook.com/groups/685743488298723>

**Telephone Support-** You can also telephone the team on 01229 580305 (Option 6) Messages will be picked up on a daily basis (Monday – Friday) and responded to as quickly as possible.



**Look after yourself:** Eat well and try to get some fresh air or sunlight each day – also some rest and exercise. If you can't go out, open a window or do some exercise in your home.

**Try to keep to a regular routine:** This could be hard but it can make a huge difference keeping to a regular routine of getting up and dressed and eating meals at the usual times



**Ask for practical help:** Bereavement can be overwhelming at the best of times. Let people know – friends, family or neighbours – what they can do to help. It may be that someone can bring you shopping or a nutritious meal or something else you need or would like.



**Protect yourself from further distress:** You might find it easier to avoid or limit watching or reading the news at the moment, especially if you are feeling overwhelmed – and to choose to watch on the television something that you are familiar with that you usually enjoy.

Please do not hesitate to contact the team  
if you would like to access support