

Outside

## Online Resources

Australian Center for Grief and Bereavement  
Information, Support, Resources\*  
<http://www.grief.org.au/>

National Institute of Mental Health Information on  
Depression\*  
<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

Understanding and Managing Psychological Trauma\*  
[http://www.psychology.org.au/publications/tip\\_sheets/trauma/](http://www.psychology.org.au/publications/tip_sheets/trauma/)

\*Source material

### TELL Business Office

03-4550-1191  
03-4550-1192 (fax)  
admin@telljp.com

### TELL Counseling

03-4550-1146 (English)  
03-4550-1147 (Japanese)  
clinical.assist@telljp.com

### TELL Lifeline

03-5774-0992

[www.telljp.com](http://www.telljp.com)

## TELL at a Glance

### tell Lifeline

TELL Lifeline receives approximately 7,000 calls a year from people all over Japan, of whom approximately 60% are Japanese and 40% are foreign nationals.  
03-5774-0992

### tell Counseling

TELL Counseling undertakes over 2,000 hours of professional, face-to-face counseling every year in multiple languages - 60% of which is subsidized.  
03-4550-1146 (English), 03-4550-1147 (日本語)  
clinical.assist@telljp.com

### tell Outreach

TELL Outreach increases public awareness of mental wellness issues with community-wide programs, including workshops and lectures.

03-4550-1191  
admin@telljp.com

### Support TELL

- Make a donation
- Sponsor a Lifeline shift
- Become a corporate sponsor
- Volunteer at TELL events

[www.telljp.com](http://www.telljp.com)

## Grief & Loss



Inside find info on...

- Introduction to Grief & Loss
- Dealing With Grief & Loss
- Grief & Loss
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TELL is a registered, certified non-profit organization  
Affiliate of Lifeline International  
Member of the Federation of Inochi no Denwa  
Accredited by the Samaritan Institute of the USA

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## Introduction

**We may experience many types of loss in our lifetimes, but perhaps the most significant is the loss of a loved one.**

How people respond to losing someone through death depends on various factors.

Personal coping style, life experience with handling loss, as well as support from others make a big difference in how someone responds to a loss.

Sometimes it can be difficult to distinguish grief from major depression. Grief after loss of a loved one is a normal reaction and generally does not require professional mental health treatment.

**However, grief that is complicated and lasts for a very long time following a loss may require treatment.**

Researchers continue to study the relationship between complicated grief and major depression.

## Dealing With Grief

### Physical/Emotional Symptoms of Grief:

- State of shock - temporary anesthetization
- Expression of emotion and crying
- Strong physical feelings: difficulty breathing, loss of muscular power, "hollow" feeling in the stomach, heart palpitations, loss of appetite and sleep

- Preoccupation, identification with the deceased
- Utter depression and isolation
- Guilt about the loss
- Idealization of the deceased
- Anger toward close family and friends, the doctor, God, or the departed loved one
- Inability to return to normal activities, struggle to readjust to reality

### Surviving & Accepting Loss:

- Accept it – it is real
- Give yourself time to heal
- Stick to your schedule – rest and work alternately
- Seek support of others – it is human and courageous
- Reaffirm your religious, philosophical, and other beliefs
- Holidays and weekends are worst – schedule comforting activities at these times
- Thoughts of suicide are natural, but you do not have to act on them – seek immediate help, if you feel out of control

### Healing:

- Do your mourning now – if you postpone the loss, grief can return
- Anticipate a positive outcome
- It is okay to feel depressed – crying has its own specialness
- Let yourself heal fully – time is important
- It is okay to feel anger, but not to hurt yourself or hate yourself
- Under-indulge in addictive activities – avoid alcohol, drugs, overeating, and smoking

- Pamper yourself – take hot baths, get a massage, buy something, take a trip
- Keep a journal
- As healing continues, you will feel stronger

### Growing:

- Forgive the other person and forgive yourself
- Take stock of the good parts of the lost person
- Prepare to make an adjustment
- Allow yourself to grow, you now understand more about what it is to be a human being

When grief continues to be a disruptive and debilitating presence, the person may be suffering from **depression**. Someone who has a prior history of depression or lack of social support is particularly at risk.

Grief tends to be mixed with trauma when a loss is sudden and unexpected – an accident, a murder – or is perceived as being outside the normal cycle of life, as in the death of a child.

While trauma always incorporates grief, the two states are very different in how people experience them and what effect they can have. Grief is a normal reaction to loss, with its symptoms diminishing over time; trauma is a disabling reaction that can block the grieving process, disrupt a person's life, and leave them psychologically vulnerable.

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Centre panel

Right panel