



Coping with Grief & Loss



Peer to Peer is an
initiative of Airline Pilots
Association of South Africa

Grieving is a healthy and natural healing process. It is not a sign of weakness. For most people, grieving follows a pattern, which proceeds through a series of stages.

The best way to confront loss is to **recognise it, understand the feelings and reactions you experience, and get support** during the grieving process.

Stages of the Grieving Process

Denial

Disbelief / Numbness / Shock

Anger and Guilt

Anger, sometimes misdirected / Guilt, sometimes misdirected

Sadness and Despair

Sadness / Loneliness / Tearfulness / Depression
Reminders that bring new waves of grief

Acceptance and Hope

Acceptance of your loss / Adjustment to change

Aftermath

Gradual lessening of feelings of grief

Tips for Coping with Grief

- Take your time. Don't judge or measure your reactions by those of others.
- Talk, share your feelings and the meaning this loss has for you.
- Pay attention to your body's needs. Exercise (according to your doctor's recommendations) and balanced nutrition are essential.
- Surround yourself with friends and family who love and support you. Avoid isolating yourself.
- Tears may come unexpectedly and at times when you thought you were finished grieving. Be patient with yourself.
- Their intensity and frequency should diminish with time.
- Allow yourself time to grieve as well as giving yourself breaks from the grieving process.
- If you follow a religious faith, this can be a time for prayer and quiet meditation. Seek out your faith mentors.
- Avoid alcohol and other mind-altering substances.
- Learn to be sensitive and flexible with your new needs and lifestyle.
- Seek professional help if necessary.

If you need further assistance please contact ALPA-SA at 011-394-5310



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