



**each**

East Anglia's  
Children's Hospices

# Supporting yourself after the death of a child

There are no easy answers as to how to carry on after your child dies. The loss will always be with you. However, there are some things bereaved families find can help them to cope.

- Try to express your emotions rather than holding them in. Grief comes in waves. Crying, talking, writing, or creating something – a picture or a song – can bring relief.
- Grief can feel very isolating. Spending time with people who care about you – sharing memories and feelings can be healing. Think about accepting help when it's offered.
- Reach out to EACH, voluntary organisations, or faith groups if you'd like to speak to someone. You don't have to go through this alone.
- If you are struggling to eat, try eating little and often and drink plenty of fluids. Eating a nutritionally balanced diet will give you the energy to cope with your grief.
- If you feel restless, exercising can redirect some of the adrenaline in your system. If you feel tired, even gentle exercise can boost energy levels and relieve stress.
- Make time for things that bring you peace – a walk outside, gardening, or a favourite hobby. Remember, it's ok to smile and find moments of joy even while you're grieving.
- It may be hard to structure your day, but even small regular habits and routines can provide stability and purpose. Having a regular time to sleep, eat, meet a friend or go out in the fresh air can help with processing grief and slowly adjusting to a new way of life.
- If you feel unwell, are struggling to sleep, are tempted to rely on alcohol or recreational drugs, or are just finding things especially difficult, please reach out to your GP or talk to us. We can listen and support you to get the help you need.

## Contacts

### **Milton (Cambridgeshire)**

01223 815100

[eachmiltonadmin@each.org.uk](mailto:eachmiltonadmin@each.org.uk)

### **The Nook (Norfolk)**

01603 967596

[nook.admin@each.org.uk](mailto:nook.admin@each.org.uk)

### **The Treehouse (Suffolk and Essex)**

01473 271334

[ipswichadmin@each.org.uk](mailto:ipswichadmin@each.org.uk)

**[www.each.org.uk](http://www.each.org.uk)**

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