

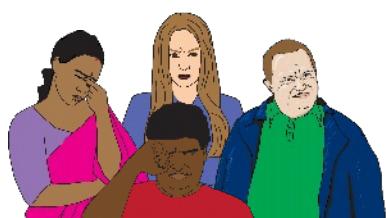
Your feelings after someone dies



Easy Read version

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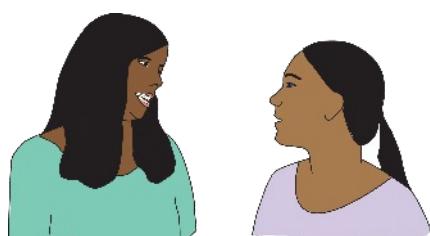
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Feelings you might have after someone dies



You might have lots of different feelings after someone dies. This is sometimes called grief.



You might feel shocked or upset if you did not know they were going to die.



You may feel upset or angry if people did not tell you sooner that the person died.



You might feel annoyed or angry if things change. Like if your routine changes or somebody different supports you.



You might feel lonely if it feels like the person left you behind.



You may be worried about who will support you now.



You might worry it is your fault the person died. It is not your fault.



You might not feel anything. Sometimes this is called feeling numb.



Other people might have different feelings to you. Everyone is different.



All of this is normal. There is no right or wrong way to feel.

Things that might change in your body



You might feel very tired and sleep more.



You may find it harder to go to sleep.

And you might wake up in the night.



You might not be able to relax, and find it hard to sit still.



You might eat less or more than normal.



You may have aches and pains.



Your GP (doctor) can help if you have changes in your body.

How long will I have these feelings?



Sometimes you might have feelings that start or stop quickly.



Some feelings might last for days. Some might last for months or years.

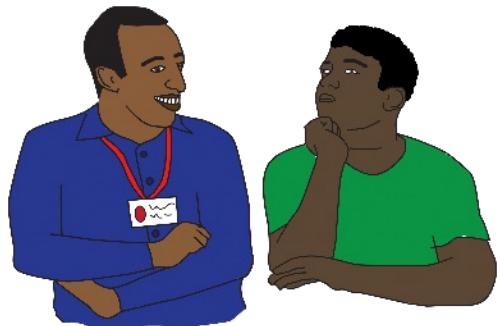


After a while, you might feel better.

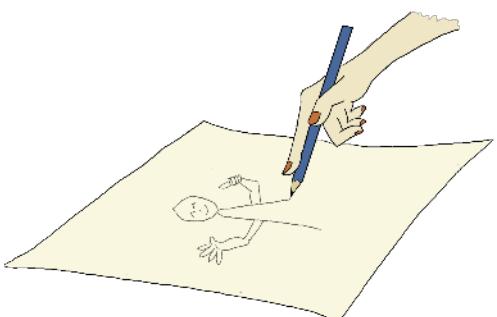


Sometimes the feelings might come back again.

Who can help?



A family member, friend, or support worker could help. You could tell them how you feel.



Or you could show them how you feel by drawing a picture, making art, or playing music.

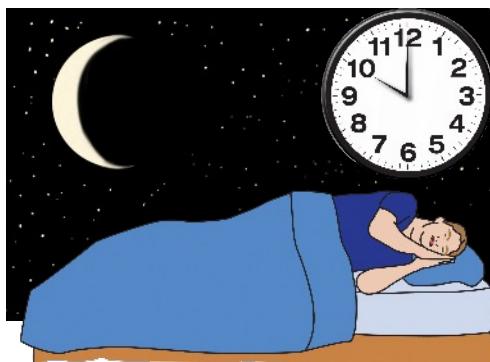


You could speak to your GP (doctor). They can help you find the support you need.



You can call Marie Curie's free Support Line on **0800 090 2309**. It has people who can listen and talk to you about your feelings.

Things you can do that might help



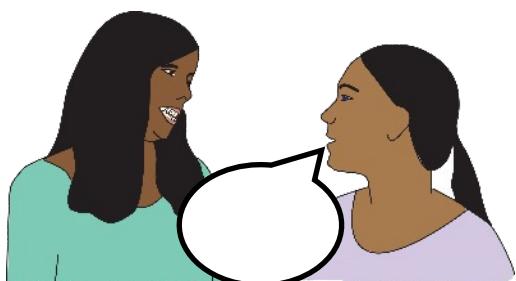
Try to keep to your normal routine. Like going to bed at the same time each night.



If you can, try to eat healthy food. You can ask your doctor if you need support with this.

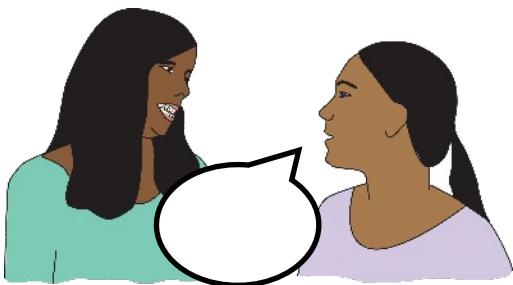


Try to do an activity. Like going for a walk, maybe with someone else.



You could talk to other people who knew the person who died. They might have some of the feelings you have.

Remembering the person who died



You could talk about the person who died, and what you did together.



You could look at photographs of the person. And things that belonged to them.

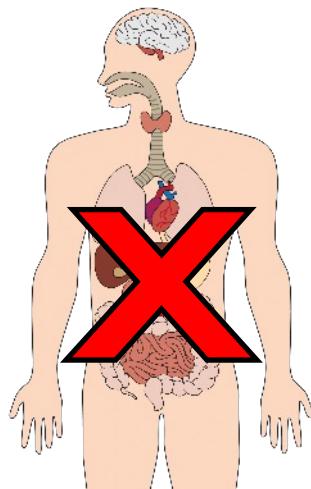


You could make a memory box or photograph album. Someone could help you with this.



You could go somewhere you used to go to together. Like a café or the beach.

What happens when someone dies?



When someone dies, their body stops working.

They stop breathing and their heart stops beating.



They cannot wake up or come back to life. They do not feel any pain after they have died.



Read more in our free booklet, **What is death?**



You can get the booklet from this web page:
www.mariecurie.org.uk/easy-reads
or by calling our free Support Line on **0800 090 2309**.

About this information



We hope you find this information helpful. But it should not be used instead of speaking to professionals.



You should still get information from a doctor, nurse, or other professionals.



You can tell us if you like the booklet or if you do not like the booklet.



You can tell us by emailing
review@mariecurie.org.uk



Or you can call our Support Line on
0800 090 2309.



It is free to call our Support Line.
Your call may be recorded to help us
make our service better. And to
make sure you are safe.

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making Easy Read information.

Marie Curie - why we're here



**Marie
Curie**

We're here for people living with a terminal illness, which is an illness people will die from. We also support their families and friends.

We give people care, information, and support. If you have any questions or need support, call our free Support Line on **0800 090 2309**.

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