



# Coping with Loss – Practically & Emotionally

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## Welcomes



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# Preparing for the inevitable

- Have you thought about what will happen when you or your partner die(s)?
- Have you discussed your death / funeral with anyone?
- Can you afford to stay where you currently live?
- Can you deal with the practical and financial implications of losing your partner?



# Practicalities

- Have you made a Will?
- Advance Decision?
- Lasting Power of Attorney?
  - Health and welfare
  - Finances



# Funerals

- Cremation
- Direct cremation
- Burial
- Natural burial
- Independent funeral director
- Pre-paid funeral plan/life insurance policies



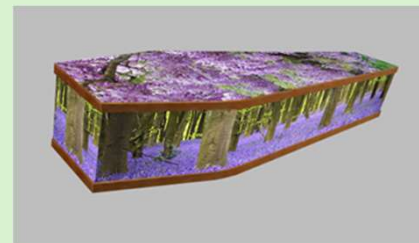
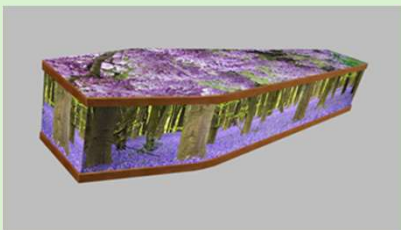
# The Funeral Service

- Religious minister
- Inter-faith minister
- Civil Celebrant
- Humanists
- Church/crematorium / other venue



# Coffins

- Yorkshire woollen
- Willow
- Enviroboard
- Cardboard
- MDF
- Wooden
- Shrouds (with board)



# Options

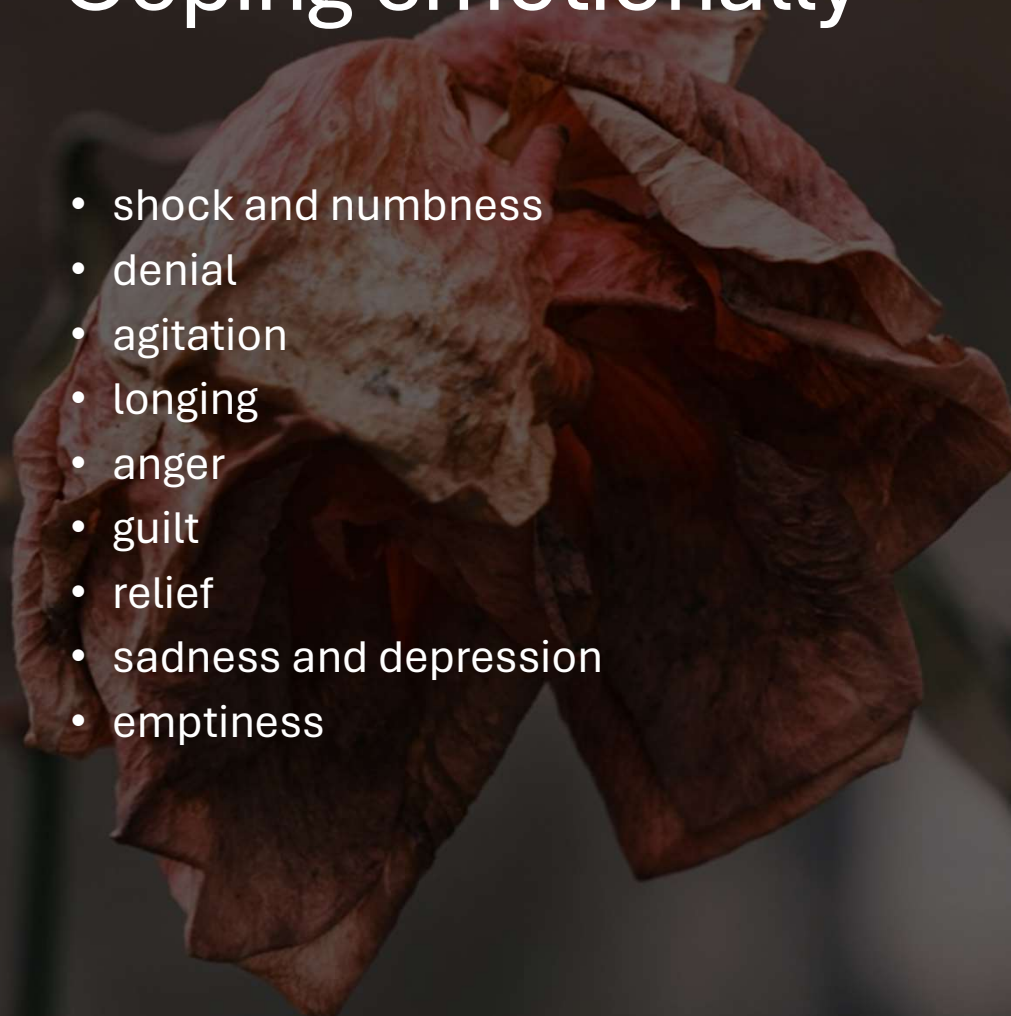
- Embalming / natural care
- Death notice
- Hearse / estate car / camper van / rickshaw / horse and cart
- Coffin bearers
- Music & poetry
- Flowers
- Order of Service sheets
- Candles
- Personal items
- Donations to charity
- Catering





# Coping emotionally

- shock and numbness
- denial
- agitation
- longing
- anger
- guilt
- relief
- sadness and depression
- emptiness



# Healing



- allow yourself time to grieve
- focus on self-care basics
- set realistic expectations
- celebrate your loved one's life
- engage in meaningful activities
- rely on your support system
- consider additional support
- plan for grief triggers
- practice patience with yourself
- explore other resources

*Thank you*

