

EXAMPLES OF LIFESTYLE CHANGES

- * Breakdown of marriage/ relationship.
- * Moving home — either by choice or necessity
- * Migration
- * Change of job, school or relocation.
- * Retirement or retrenchment
- * Accidents/trauma leading to loss of health/mobility
- * Financial change or loss
- * Stillbirth or miscarriage
- * Loss of partner, friend, family member or work colleague

We are individuals as are our reactions.



NORMAL RESPONSES AND EXPERIENCES

A period of transition can be a very difficult time. *Changes* we have chosen, or some beyond our control often result in a variety of feelings.

There are also *chemical changes* in our body as we react to the changed circumstances.



Endorphines and adrenaline surges can have us on a roller coaster of emotions and feelings.

Having difficulty sleeping and eating. Your work may suffer and you may not be able to concentrate effectively.

You may experience a *complex mix of emotions* which can result in feeling confused about the situation.

***This is normal —
we all react differently.***

FEELINGS

You may experience

- * Sadness
- * Anger
- * Guilt
- * Disbelief
- * Self-doubt
- * Isolation and frustration
- * Relief
- * Emptiness



All of these emotions and others are quite common in this situation and are a **NORMAL** response to a difficult and dramatic lifestyle experience change.

It is wise to check with your doctor if you are concerned.

HELPFUL **DO'S AND DON'T'S**

Do remember that after a significant change accidents are very common. Drive carefully and take care at home.

Do send children back to school and keep their normal routines as closely as possible.

Do take time to sleep, rest, relax and do what you enjoy doing.

Don't make hasty decisions on major changes for at least a year e.g. selling your home.

Don't expect memories to go away — feelings remain for a long time.



WAYS OF **HELPING OURSELVES**

Firstly,..... Knowing that it's okay to have these feelings, you are not going crazy.

- ◆ Finding an outlet where we can be our true selves, letting the mask down and expressing our feelings.
- ◆ Talking to someone we trust.
- ◆ Writing about the situation.
- ◆ Hugs can help.
- ◆ Crying is okay.



You may find this brochure helpful, for more information please look at our website

www.SandE.com.au

or call our

Bereavement Care Services

at

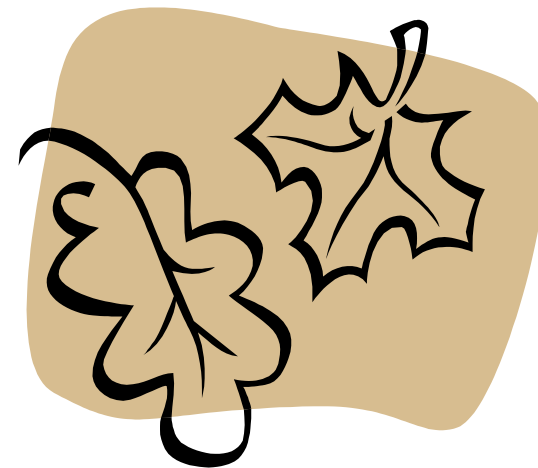
Smithfield & Elizabeth Funeral Directors

8255 5607

email: info@smithfieldandelizabethfunerals.com.au

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Adjusting To Lifestyle Changes



*We Help People
Through Difficult Times*

**Smithfield & Elizabeth
Funeral Directors**

Cnr Main North & Womma Rds,
Elizabeth North

8255 5607

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