

When you are Grieving

当您丧恻时

Victim Support is here to support you, your family, whanau and friends.

We hope you will find this information helpful.

Call us on 0800 842 846 to be connected with a Support Worker who can provide practical help and information, emotional support, and referral to other services at this difficult time. We're available 24/7.

受害人援助服务 (Victim Support) 随时为您、您的家人、和亲友们提供援助。

我们希望这些信息对您有所帮助。

请致电 0800 842 846 与援助人员联系，援助人员可以在这个困难的时刻为您提供实际的帮助和信息、情感支持或者转介其他服务。我们全天候 24/7 为您服务。

What is Grief?

什么是丧恻？

Grief is a normal reaction to any significant changes and losses we experience.

It's a process that helps us to gradually adjust to what's happened, so we can begin to move forward again. Grief reactions can come after we have had property taken or damaged, when someone we love has been harmed, when we've been harmed ourselves, or when we become bereaved.

Victims and witnesses of crime, trauma or disaster will often find themselves grieving for how things were before, and for what they have lost. The grief experience can be full on, intense and unpredictable for a while. It can feel as up and down as a roller coaster. Thoughts and emotions can sometimes be strong and hard to handle. Some people even wonder if they're going crazy.

Knowing the sorts of things to expect during grief can be helpful, as well as some ways to cope.

There are no right or wrong ways to grieve and no rules to follow. Everyone does it differently, because we're all different. Your grief experience will be like your fingerprint - unique to you.

“I was starting to do okay and then got swamped by some big grief waves. It turns out my grief has its own agenda, but it is helping me get my head around what’s happened. I’m thinking now it’ll just take the time it needs to take.”

Kara

丧恸是我们在遭受了任何重大的变化和损失时的正常反应。

它是一个过程，帮助我们逐渐适应发生了的事情，让我们可以重新开始前进。当我们的财产被盗取或损坏、当我们爱的人受到伤害、当我们自己受到伤害或失去至亲时，丧恸的反应都有可能发生。

犯罪、创伤或灾难的受害者和目击者经常会发现自己为以前的事情以及为他们所失去的人事物而感到丧恸。丧恸的感受可能会是全方位的、强烈和不可预测、并持续一段时间。它可以感觉像过山车一样上上下下。思想和情绪有时会强烈而难以控制。有些人甚至怀疑他们是不是疯了。

了解在丧恸期间会发生什么事情以及一些应对方法可能会有所帮助。

丧恸的方式没有对错之分，也没有可遵循的规则。每个人的方式都不一样，因为我们都不同。您的丧恸经历就像您的指纹——对您来说是独一无二的。

“我刚刚开始好转，就被一股巨大的丧恸浪潮淹没。事实证明，我经历的丧恸有它自己的想法，但它帮助我了解所发生的事情。我在想现在它只需要一些时间。”

Kara

Grief Reactions

丧恸反应

Physical

- Tired, exhausted, weak, low energy - or high energy, restless, energised
- Tearful, crying, sobbing - or unable to cry
- Tight chest, shallow breathing, deep sighs

- Sleeping a lot or unable to sleep, nightmares
- Headaches, aching limbs, tense muscles
- Eating more or less, nausea, digestion problems
- Falling ill more easily
- Existing health conditions may worsen
- Clumsier, more accident prone
- More sensitive to sound, sights, taste, smell and touch

生理

- 疲倦、筋疲力尽、虚弱、低能量 - 或高能量、焦躁不安、精力充沛
- 流泪、哭泣、抽泣 - 或无法哭泣
- 胸闷，呼吸浅，长叹
- 睡得太多或无法入睡，做噩梦
- 头痛、四肢酸痛、肌肉紧张
- 吃得较多或较少，恶心，消化问题
- 更容易生病
- 现有的健康状况可能会恶化
- 更笨重，更容易发生事故
- 对声音、视觉、味觉、嗅觉和触觉更敏感

Mental

- Preoccupied by your loss and what happened - or avoiding thinking about it at all
- Going over and over things to make sense of it
- Difficulty concentrating
- Forgetful
- Slow reactions
- Wanting more information
- Difficulty planning or making decisions, even small ones

心理

- 思想被您所受到的损失和发生的事情占据 - 或者根本避免去想它
- 一遍又一遍地重复梳理想理解它
- 难以集中注意力
- 健忘
- 反应缓慢
- 想要更多信息
- 即使是很小的计划或决定都难以抉择

Emotional

- Shocked, stunned, disbelieving, numb
- Disoriented, confused
- Uncertain, worried, afraid
- Guilty, blaming yourself or others
- Angry, resentful, more easily upset
- Regretful, *if only...*
- Sad, pining for who or what's been lost
- Despairing, vulnerable, alone
- Feeling different from others, embarrassed, ashamed
- Helpless, powerless
- Negative thoughts, depressed, possibly suicidal thoughts

情感

- 震惊、惊愕、难以置信、麻木
- 失去判断力、迷茫
- 不确定，担心，害怕
- 罪恶感，责备自己或他人
- 生气，怨恨，更容易心烦意乱
- 懊悔，如果……就好了
- 悲伤，渴望失去的人或东西
- 绝望、脆弱、孤独
- 感觉和别人不一样，难堪，羞愧
- 无助，无能为力
- 消极的想法，抑郁，可能有自杀的想法

Spiritual

- Questioning *Why?*
- Strongly sensing the injustice of it
- Seeing the world and life differently now, changed priorities
- Drawing closer to beliefs and faith, or away from them
- Searching for or sensing the presence of someone who has died or tipuna/ancestors
- Looking for meaning

心灵

- 质疑 为什么？

- 强烈感受到不公
- 开始以不同的方式看待世界和生活，改变了优先考虑的事
- 更接近信仰和宗教，或远离它们
- 寻找或感知死者或祖先的存在
- 寻找意义

Behavioural

- Wanting to be with others more - or alone more
- Able to talk about it - or not wanting to
- Avoiding certain places or topics
- Trouble coping, even with small things
- More sensitive about what others think
- Sharing humour more to decrease tension
- Avoiding remembering or feeling emotions, distracting yourself, keeping very busy
- More irritable with others, possibly aggressive
- Making poor choices, doing things impulsively
- Using more alcohol, drugs or other risk-taking that can be harmful

行为

- 想更多地和别人在一起 - 或更多地独处
- 能够谈论它 - 或者不想谈论它
- 避免某些地方或话题
- 即使是小事也难以应对
- 对别人的想法更敏感
- 更幽默以减少紧张感
- 避免回忆或感受情绪，分散自己的注意力，保持忙碌
- 对他人更易怒，可能具有攻击性
- 做出错误的选择，做事冲动
- 使用更多的酒精、药物或其他可能有害的冒险行为

“Although the world is full of suffering, it is also full of the overcoming of it.”

Helen Keller

“这世界虽然有很多苦难，也有很多克服苦难的案例。”

Helen Keller

How long does grief last?

丧恸会持续多久？

The grief process takes longer than most of us expect.

There is no set timetable and it's different for everyone. The bigger the loss, the greater the grief. The more traumatic and frightening the loss, the more complex the grief can be.

Grief for any significant changes and losses will always be part of your life in some way. The intense, raw pain will lessen slowly, and life will begin to adjust to what's happened, but it's normal to feel some 'after shocks' through your life. All sorts of things can trigger some fresh grief reactions, even long afterwards - a song or piece of music, a photo, a place, or a calendar date. Gradually, recovering from such 'grief waves' becomes a little easier.

丧恸的过程比我们大多数人预期的要长。

没有固定的时间表，每个人都不一样。损失越大，丧恸越大。失去时受到的创伤和恐惧越大，丧恸就越复杂。

对任何重大改变和损失的丧恸将永远以某种方式成为您生活的一部分。剧烈的、无法掩饰的疼痛会慢慢减轻，生活将开始适应发生了的事情，但在您的生活中感受到一些“余震”是正常的。各种各样的事情都可能引发一些新的丧恸反应，甚至在很久之后——一首歌或一段音乐、一张照片、一个地方或一个日期都可能引发丧恸。渐渐地，从这种“丧恸的浪潮”中恢复过来会变得容易一些。

T.E.A.R.

A useful way to think about the grief process is using the acronym **TEAR**. Grief helps us...

To face and accept the reality of our loss and the changes it's brought.

Experience and work through the emotional hurt this brings.

Aadjust to life being different, without things being how we expected them to be.

Rinvest in our life, so we can find ways to be okay and enjoy the good there is to be found.

"Time itself doesn't heal... it's what you do with the passing time that counts. You can let yourself grieve or try to avoid its pain. Avoiding it is understandable but trying to bury it isn't good for you and doesn't work. Grief is on your side, even though it doesn't feel like it at the start."

Ali

T.E.A.R (眼泪)

思考丧恸过程的一个有用方法是使用首字母组合词 TEAR。丧恸帮助我们.....

(T) 面对并接受现实，接受我们失去的以及它带来的变化。

(E) 体验并克服这带来的情感伤害。

(A) 适应不一样的生活，而不是我们期望的那样。

(R) 重新投资于我们的生活，这样我们就可以找到让自己好好过日子的方法，并享受和寻找美好。

"时间本身并不能治愈.....重要的是你如何对待流逝的时间。你可以让自己丧恸或尽量避免它带来的痛苦。逃避它是可以理解的，但试图掩埋它对你没有好处，也没有用。丧恸就在你身边，即使一开始不像。"

Ali

While grief centres on sadness and loss, trauma centres on fear

丧恸以悲伤和失落为中心，而创伤以恐惧为中心

If you have been through an especially traumatic, frightening experience related to your loss, then at the same time your brain is processing grief, it's very likely that it has also activated the trauma process.

This second process is designed to help you keep safe from harm and deal with the threat you sense, and its aftermath. In other words, there can be two processes underway at the same time.

There is some overlap of reactions, but the focus of reactions to trauma is fear and threat, while the focus of reactions to grief is sadness and loss. Sometimes people use the term Traumatic Grief as a way of describing the two processes being underway together.

如果您经历过的失去特别的痛苦和可怕，那么在您的大脑处理丧恸的同时，它很可能也激活了创伤过程。

第二个过程旨在帮助您远离伤害并处理您感觉到的威胁及其余波。换句话说，这两个过程是可以同时进行的。

激发的反应会有一些重叠，但创伤反应的焦点是恐惧和威胁，而丧恸反应的焦点是悲伤和失落。有时人们使用“创伤性丧恸”一词来描述同时进行的两个过程。

What can I do?

我能做些什么？

- **Allow yourself to grieve and adjust to what's happened.** It's okay to grieve in your own way.
- **Be patient with yourself.** Take one day at a time, or even one hour at a time if you need to. You can't rush grief and it can be very tiring.
- **Make looking after yourself a top priority.** Eat healthy and drink plenty of water. Keep active because exercise lifts mood and keeps you well. Get plenty of rest and sleep. Avoid excessive use of alcohol and don't use drugs.
- **Do what's worked for you before in hard and stressful times.** Put those positive things into action again. Avoid those things that haven't worked.
- **Take time to talk with someone you trust** about your loss and what you're coping with. Talk with a Victim Support Worker, a trusted cultural or faith leader, a trusted family/whanau member, or friend. You can also talk to your GP, a counsellor, or grief worker on the details at the foot of this page.
- **Find other helpful ways to let out your distress and tension.** Writing thought down, crying, walking or other exercise, playing music, or creating something.
- **Keep up a daily routine.** Even simple routines can help us feel more in control of things.
- **Several times each day, take several slow, deep belly breaths in and out.** An easy but powerful way to calm down and feel more in control.
- **Keep connected with others.** Regularly talk with, text or message those you know to keep in touch with them. Spend time with those who care about you. Consider joining a support group locally or online.
- **Accept support from others if it'll reduce some stress.** Practical help can make a real difference.

- **Avoid making big plans or decisions**, until things settle down and you can think more clearly.
- **If what happened to you or a loved one is in the media**, limit the time you listen, watch or read about it.
- **Take notice** of things around you that you are grateful for, despite your loss and grief.
- **Keep learning about grief**. Find out what others in similar situations have found helpful.
- **If you are also supporting grieving children, young people, relatives or friends**, remember they will each also grieve in their own ways. Contact Victim Support for links and resources that could help you with this.
- **Contact your GP if you are unwell or struggling with anxiety, depression or sleep problems.**
- **Seek extra help if, after a few months, your grief is not easing up or if its effects are dominating your daily life and causing you and /or others concern.**
- Sometimes grief can become complicated, and the pain of the loss is so constant and severe that it continues to be overwhelming most days and keeps you from resuming your life. In extreme cases, people can feel suicidal. See your GP or find a local counsellor or psychologist, who have the skills to help you deal with complicated grief. Perhaps also contact a cultural or faith elder you trust who can provide extra support at this time

- 让自己丧恸并适应所发生的事情。是可以以自己的方式丧恸的。
- 对自己要有耐心。一天一天来，如果需要的话，甚至一小时一小时来。您不能急于丧恸，这可能会很累。
- 把照顾好自己放在首位。吃得健康，多喝水。保持活跃，因为运动可以提升情绪并让您保持健康。获得充足的休息和睡眠。避免过度使用酒精，不要使用药物。
- 做一些您以前遭受困难和压力大时有效的的事情。将这些积极的事情再次付诸行动。避免那些无效的事情。
- 花时间与您信任的人谈谈您的损失以及您正在应付的事情。与受害人援助服务人员、可信赖的文化或信仰领袖、可信赖的家人或亲友交谈。您还可以与您的家庭医生、辅导员或丧恸工作者讨论，本页底部有详细信息。
- 寻找其他有用的方法来释放您的悲痛和紧张。把想法写下来、哭泣、走路或做其他运动、播放音乐或创造一些东西。
- 保持日常生活规律。即使是简单的规律也可以帮助我们感到事物在掌控中。
- 每天数次，进行几次缓慢、深沉的腹部呼吸。一种简单但有效的方法来让自己平静下来，让自己更有掌控感。
- 与他人保持联系。定期与您认识的人交谈、发短信或信息，与他们保持联系。花时间和关心您的人在一起。考虑加入本地或线上支持团体。
- 如果能减缓一些压力，请接受他人的帮助和支持。实际的帮助可以带来真正的改变。
- 在事情稳定下来，您可以更清晰地思考前避免制定大的计划或决定。
- 如果发生在您或亲人身上的事情上了媒体，请限制您收听、观看或阅读媒体的时间。

- 尽管失落和丧恸，注意您周围的事物并心怀感恩。
- 继续学习丧恸。询问处于类似情况的其他人采用了哪些方法。
- 如果您还支持其他丧恸的儿童、年轻人、亲戚或朋友，请记住，他们每个人都会以自己的方式丧恸。联系受害人援助服务以获取可以帮助您的链接和资源。
- 如果您身体不适或有焦虑、抑郁或睡眠的问题，请联系您的家庭医生。
- 如果几个月后您的丧恸仍未缓解，或者影响主导您的日常生活并引起您和/或其他人的担忧，请寻求更多帮助。
- 有时丧恸会变得复杂，失去的痛苦是如此持续和严重，以至于在大多数日子里它继续压倒您，让您无法恢复您的生活。在极端情况下，人们会感到有自杀倾向。去看您的家庭医生或找当地的辅导员或心理医师，他们有能力帮助您处理复杂的丧恸。您也可以联系您信任的文化或信仰长者，他们也可以在此时提供额外的支持。

How can Victim Support help?

受害人援助服务如何提供帮助？

- Call us on 0800 842 846 to be connected with a Support Worker who can provide practical help and information, emotional support, and referral to other services at his difficult time. We're available 24/7.
- Ask your Support Worker about how Victim Support can connect you with a professional counsellor in your community, and any financial support to help you with this.
- 请致电 0800 842 846 与援助人员联系，援助人员可以在这个困难的时刻为您提供实际的帮助和信息、以及情感支持或者转介其他服务。我们全天候 24/7 为您服务。
- 向您的援助人员询问受害人援助服务可以如何将您与社区中的专业辅导员联系起来，以及任何您所需要的财务支持。

Other places you can call to get help:

其他您可以致电寻求帮助的地方：

- Call or text the 24/7 *Need to Talk* helpline on 1737 to speak with a counsellor.
- Call a local helpline, e.g. Youthline (0800 376 633 or free text 234) or Lifeline (0800 543 354).
- Call Healthline about health concerns on 0800 611 116, (24/7).
- 拨打或发短信至 1737 的 24/7 需要聊聊吗热线 (Need to Talk) 与辅导员交谈。
- 拨打当地求助热线，例如 青年热线 (Youthline) (0800 376 633 或免付费短信 234) 或生命线 (Lifeline) (0800 543 354) 。

- 有关健康问题，请致电健康热线 (Healthline) · 0800 611 116, (24/7)。