

When you are Grieving

當您喪慟時

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.

受害人援助服務 (Victim Support) 隨時為您、您的家人、和親友們提供援助。

我們希望這些信息對您有所幫助。

請致電 0800 842 846 與援助人員聯繫，援助人員可以在這個困難的時刻為您提供實際的幫助和信息、情感支持或者轉介其他服務。我們全天候 24/7 為您服務。

What is Grief?

什麼是喪慟？

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

喪慟是我們在遭受了任何重大的變化和損失時的正常反應。

它是一個過程，幫助我們逐漸適應發生了的事情，讓我們可以重新開始前進。當我們的財產被盜取或損壞、當我們愛的人受到傷害、當我們自己受到傷害或失去至親時，喪慟的反應都有可能發生。

犯罪、創傷或災難的受害者和目擊者經常會發現自己為以前的事情以及為他們所失去的人事物而感到喪慟。喪慟的感受可能會是全方位的、強烈和不可預測、並持續一段時間。它可以感覺像過山車一樣上上下下。思想和情緒有時會強烈而難以控制。有些人甚至懷疑他們是不是瘋了。

了解在喪慟期間會發生什麼事情以及一些應對方法可能會有所幫助。

喪慟的方式沒有對錯之分，也沒有可遵循的規則。每個人的方式都不一樣，因為我們都不一樣。您的喪慟經歷就像您的指紋——對您來說是獨一無二的。

“我剛剛開始好轉，就被一股巨大的喪慟浪潮淹沒。事實證明，我經歷的喪慟有它自己的想法，但它幫助我了解所發生的事情。我在想現在它只需要一些時間。”

Kara

Grief Reactions

喪慟反應

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、精疲力盡、虛弱、低能量 - 或高能量、焦躁不安、精力充沛
- 流淚、哭泣、抽泣 - 或無法哭泣
- 胸悶，呼吸淺，長嘆
- 睡得太多或無法入睡，做噩夢
- 頭痛、四肢酸痛、肌肉緊張
- 吃得較多或較少，噁心，消化問題
- 更容易生病
- 現有的健康狀況可能會惡化
- 更笨重，更容易發生事故
- 對聲音、視覺、味覺、嗅覺和觸覺更敏感

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

- 思想被您所受到的損失和發生的事情占據 - 或者根本避免去想它
- 一遍又一遍地重複梳理想理解它
- 難以集中注意力
- 健忘
- 反應緩慢
- 想要更多信息
- 即使是很小的計劃或決定都難以抉擇

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

- 震驚、驚愕、難以置信、麻木
- 失去判斷力、迷茫
- 不確定，擔心，害怕
- 罪惡感，責備自己或他人
- 生氣，怨恨，更容易心煩意亂
- 懊悔，*如果.....就好了*
- 悲傷，渴望失去的人或東西
- 絕望、脆弱、孤獨
- 感覺和別人不一樣，難堪，羞愧
- 無助，無能為力
- 消極的想法，抑鬱，可能有自殺的想法

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

心靈

- 質疑 *為什麼?*
- 強烈感受到不公
- 開始以不同的方式看待世界和生活，改變了優先考慮的事
- 更接近信仰和宗教，或遠離它們
- 尋找或感知死者或祖先的存在
- 尋找意義

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

行為

- 想更多地和別人在一起 - 或更多地獨處
- 能夠談論它 - 或者不想談論它
- 避免某些地方或話題
- 即使是小事也難以應對
- 對別人的想法更敏感
- 更幽默以減少緊張感
- 避免回憶或感受情緒，分散自己的注意力，保持忙碌
- 對他人更易怒，可能具有攻擊性
- 做出錯誤的選擇，做事衝動
- 使用更多的酒精、藥物或其他可能有害的冒險行為

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

Helen Keller

“這世界雖然有很多苦難，也有很多克服苦難的案例。”

Helen Keller

How long does grief last?

喪慟會持續多久？

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.

喪慟的過程比我們大多數人預期的要長。

沒有固定的時間表，每個人都不一樣。損失越大，喪慟越大。失去時受到的創傷和恐懼越大，喪慟就越複雜。

對任何重大改變和損失的喪慟將永遠以某種方式成為您生活的一部分。劇烈的、無法掩飾的疼痛會慢慢減輕，生活將開始適應發生了的事情，但在您的生活中感受到一些“餘震”是正常的。各種各樣的事情都可能引發一些新的喪慟反應，甚至在很久之後——一首歌或一段音樂、一張照片、一個地方或一個日期都可能引發喪慟。漸漸地，從這種“喪慟的浪潮”中恢復過來會變得容易一些。

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.

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

Reinvest 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 (眼淚)

思考喪慟過程的一個有用方法是使用首字母組合詞 **TEAR**。喪慟幫助我們.....

(T) 面對並接受現實，接受我們失去的以及它帶來的變化。

(E) 體驗並克服這帶來的情感傷害。

(A) 適應不一樣的生活，而不是我們期望的那樣。

(R) 重新投資於我們的生活，這樣我們就可以找到讓自己好好過日子的方法，並享受和尋找美好。

"時間本身並不能治愈.....重要的是你如何對待流逝的時間。你可以讓自己喪慟或盡量避免它帶來的痛苦。逃避它是可以理解的，但試圖掩埋它對你沒有好處，也沒有用。喪慟就在你身邊，即使一開始不像。"

Ali

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

喪慟以悲傷和失落為中心，而創傷以恐懼為中心

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.

如果您經歷過的失去特別的痛苦和可怕，那麼在您的大腦處理喪慟的同時，它很可能也激活了創傷過程。

第二個過程旨在幫助您遠離傷害並處理您感覺到的威脅及其餘波。換句話說，這兩個過程是可以同時進行的。

激發的反應會有一些重疊，但創傷反應的焦點是恐懼和威脅，而喪慟反應的焦點是悲傷和失落。有時人們使用“創傷性喪慟”一詞來描述同時進行的兩個過程。

What can I do?

我能做些什麼？

- **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

- 讓自己喪慟並適應所發生的事情。是可以以自己的方式喪慟的。
- 對自己要有耐心。一天一天來，如果需要的話，甚至一小時一小時來。您不能急於喪慟，這可能會很累。
- 把照顧好自己放在首位。吃得健康，多喝水。保持活躍，因為運動可以提升情緒並讓您保持健康。獲得充足的休息和睡眠。避免過度使用酒精，不要使用藥物。
- 做一些您以前遭受困難和壓力大時有效的的事情。將這些積極的事情再次付諸行動。避免那些無效的事情。
- 花時間與您信任的人談談您的損失以及您正在應付的事情。與受害人援助服務人員、可信賴的文化或信仰領袖、可信賴的家人或親友交談。您還可以與您的家庭醫生、輔導員或喪慟工作者討論，本頁底部有詳細信息。
- 尋找其他有用的方法來釋放您的悲痛和緊張。把想法寫下來、哭泣、走路或做其他運動、播放音樂或創造一些東西。
- 保持日常生活規律。即使是簡單的規律也可以幫助我們感到事物在掌控中。
- 每天數次，進行幾次緩慢、深沉的腹部呼吸。一種簡單但有效的方法來讓自己平靜下來，讓自己更有掌控感。
- 與他人保持聯繫。定期與您認識的人交談、發短信或信息，與他們保持聯繫。花時間和關心您的人在一起。考慮加入本地或線上支持團體。
- 如果能減緩一些壓力，請接受他人的幫助和支持。實際的幫助可以帶來真正的改變。
- 在事情穩定下來，您可以更清晰地思考前避免制定大的計劃或決定。
- 如果發生在您或親人身上的事情上了媒體，請限制您收聽、觀看或閱讀媒體的時間。
- 儘管失落和喪慟，注意您周圍的事物並心懷感恩。
- 繼續學習喪慟。詢問處於類似情況的其他人採用了哪些方法。
- 如果您還支持其他喪慟的兒童、年輕人、親戚或朋友，請記住，他們每個人都會以自己的方式喪慟。聯繫受害人援助服務以獲取可以幫助您的鏈接和資源。
- 如果您身體不適或有焦慮、抑鬱或睡眠的問題，請聯繫您的家庭醫生。
- 如果幾個月後您的喪慟仍未緩解，或者影響主導您的日常生活並引起您和/或其他人的擔憂，請尋求更多幫助。
- 有時喪慟會變得複雜，失去的痛苦是如此持續和嚴重，以至於在大多數日子裡它繼續壓倒您，讓您無法恢復您的生活。在極端情況下，人們會感到有自殺傾向。去看您的家庭醫生或找當地的輔導員或心理醫師，他們有能力幫助您處理複雜的喪慟。您也可以聯繫您信任的文化或信仰長老，他們也可以在此時提供額外的支持。

How can Victim Support help?

受害人援助服務如何提供幫助？

- 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.
- 請致電 0800 842 846 與援助人員聯繫，援助人員可以在這個困難的時刻為您提供實際的幫助和信息、以及情感支持或者轉介其他服務。我們全天候 24/7 為您服務。
- 向您的援助人員詢問受害人援助服務可以如何將您與社區中的專業輔導員聯繫起來，以及任何您所需的財務支持。

Other places you can call to get help:

其他您可以致電尋求幫助的地方：

- 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).
- 撥打或發短信至 1737 的 24/7 需要聊聊嗎熱線 (Need to Talk) 與輔導員交談。
- 撥打當地求助熱線，例如 青年熱線 (Youthline) (0800 376 633 或免付費短信 234) 或生命線 (Lifeline) (0800 543 354)。
- 有關健康問題，請致電健康熱線 (Healthline), 0800 611 116, (24/7)。