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Embrace FARM is governed by a
voluntary board of directors.



Embrace FARM
Farm Accident Support Network

Understanding Grief & Trauma

Here you are living,
despite it all

www.embracefarm.com | #WeRememberYou

What is trauma?

Trauma is an emotional response to a terrible event

What is grief?

Grief is the natural emotional process of coping after a loss

Grief is the felt emotion we feel when we experience a loss. It is a natural reaction to the loss of someone important to you. Grief is the 'adapting to loss' that a person goes through after someone close has died. Everyone feels grief after a farm death, but each person's feelings are different.

One person might feel very sad or depressed, while another might feel angry and fearful. Some may find it helpful to talk about the loss with others. While others may throw themselves into activities to take their mind off the loss

- Shock and numbness – can be the first reaction to loss, people often talk about "being in a daze"
- overwhelming sadness, with lots of crying and

exhaustion.

- Anger – Another strong emotion associated with Grief and Trauma. Anger towards the person you've lost and often to those closest to us.
- Guilt – for example, guilt about feeling angry, about something you said or did not say, or not being able to stop your loved one dying.

These feelings may not be there all the time, they may come and go. Sometimes powerful feelings may appear unexpectedly. The important thing to remember is that these feelings are all part of the grieving process.

It's not always easy to see that grief and trauma are the reason you're acting or feeling differently.

*Grief is personal.
Everyone grieves
differently.*

Embrace FARM works in collaboration with charities and organisations in supporting farm families and individuals in its network.

Please visit the 'Supports' page www.embracefarm.com for further details.

Everyone responds to grief in their own way and in their own time...

Grief is personal and your grief is unique which is why everyone's grief is different.

Grief

Losing a loved one is one of the most distressing and, unfortunately, common experiences people face. Most people experiencing normal grief and bereavement have a period of sorrow, numbness and even guilt and anger. Gradually these feelings ease, and it's possible to accept loss and move forward.

For some people, feelings of loss are debilitating and don't improve even after time passes. This is known as complicated grief, sometimes called, persistent complex bereavement disorder. In complicated grief, painful emotions are so long lasting and severe that you have trouble recovering from the loss and resuming your own life. This affects a small number of people who are grieving.

Grieving refers to the emotional, physical response to loss. It impacts many areas of our lives and it takes time adapting to the loss and learning to live without your loved one. Grief is a process which cannot be rushed and it will take time to adapt to the new world we inhabit since our bereavement.

Grief after trauma

Traumatic Grief, refers to normal grief responses experienced in combination with traumatic distress suffered as a result of a loved one dying in a way perceived to be frightening, horrifying, unexpected, violent and/or traumatic. Traumatic Grief can make us feel guilty and blame ourselves or others. "We can get stuck" in the bereavement and grieving process.

Women and Men

Women and Men may experience Grief differently, women are more likely to express their feelings early after loss, reach out for social support, express more sorrow, experience depression, guilt, and they are more willing to talk about the loss. Whereas, men on the other hand are more likely to take on a managerial role, intellectualise their emotions, indicate feelings of anger, fear and loss of control, they also may use denial or be more private about grief.

Those early months

In the first weeks and months after a sudden and traumatic death, few things may bring comfort. This is not a normal time and you may not want nor have the energy to do anything that at one time you enjoyed or did with ease. There are some activities that may prove useful at this time:

1. Learn to say no: You cannot afford any big drains to your energy. Say no to what drains you further.
 2. Learn to say yes: where saying 'no' can conserve your energy, there are times when 'yes' can help replenish it. Say yes to what might offer even the smallest respite or support from friends and family. This could be emotional or physical support.
 3. Don't turn your anger on yourself: Your life has been changed forever, so you may feel irritable and angry at this time. You may also feel guilt and regret about things you might have done or not done. But you may find an inner strength you didn't know you had. This strength can help you heal from the pain while keeping treasured memories alive in your heart.
 4. Drink, eat and rest: You may have no interest in food. But try to keep some structure to your day and be patient, gentle and kind to yourself.
 5. Move: In whatever ways your body might be able to move, movement can help. Not because it solves anything, but because movement, itself, can make things different.
 6. Be prepared for change and growth in your life.
 7. Seek out accurate information about grief and loss.
 - Adapted from www.refugeingrief.com
- When it comes to seeking help, the solution that repeatedly appeared was the use of counselling and support groups. These methods helped to face the loss and provided two main focal points,
- (a) was allowing the name and memory of the loved one to be addressed.
 - (b) finding other individuals and families that have been through a similar loss.