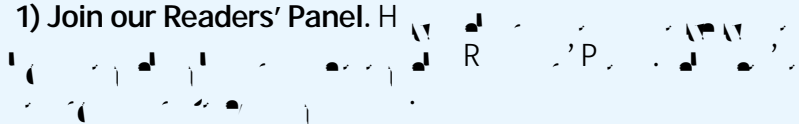




We'd love to hear from you.

1) Join our Readers' Panel. Here



Join our Readers' Panel

www.ageuk.org.uk/readers-panel.

What this guide is about

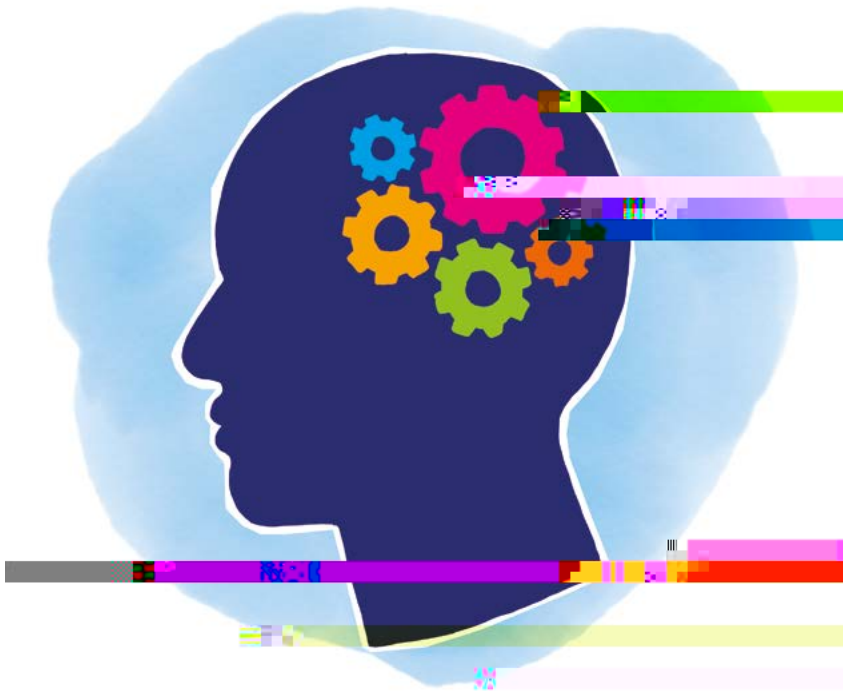
The death of someone close to us can be one of the hardest things we ever have to go through. Whether it's expected or not, it can affect us in lots of different ways and, unfortunately, all we can do is cope as best we can.

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This might help

When someone dies, you can be asked to sign a form called a 'witness statement'. This is a statement that you have seen the person who has died and that you know who they are. It is important to sign this form correctly. If you do not, it may cause problems for the person's family. You should sign the form if you are a family member or a friend of the person who has died. You should not sign the form if you are a neighbour or a stranger.

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Coping with a bereavement

Unfortunately, as we get older, it gets more likely that we'll experience a bereavement. This might be the death of a parent, a friend, a partner or even a child. How we react is likely to depend on our relationship with the person and the circumstances of their death.

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Dealing with grief

1. The first stage of grief is denial. It is a natural reaction to the loss of a loved one. The person who is grieving may feel that the death is not real and may refuse to accept the fact of the loss. This stage can last for a few days or even weeks.

2. The second stage of grief is anger. The person who is grieving may feel angry at the doctor, the hospital, or even at the deceased. This stage can last for a few days or even weeks.

The coronavirus pandemic

As a result of the coronavirus pandemic, the world has experienced a significant economic and social crisis. The pandemic has led to a global recession, with many countries experiencing a sharp decline in GDP and a rise in unemployment. The health system has also been overwhelmed, with many people dying from the virus. The pandemic has also led to a loss of trust in governments and a rise in social inequality.

Relieved

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Isolated

Let m be a positive integer. Let m_1, m_2, \dots, m_r be positive integers such that $m_1 + m_2 + \dots + m_r = m$. Let m_1', m_2', \dots, m_r' be positive integers such that $m_1' + m_2' + \dots + m_r' = m$. Let $m_1'', m_2'', \dots, m_r''$ be positive integers such that $m_1'' + m_2'' + \dots + m_r'' = m$.

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Let $m_1''''''', m_2''''''', \dots, m_r'''''''$ be positive integers such that $m_1''''''' + m_2''''''' + \dots + m_r''''''' = m$.

This might help.

Talking about your feelings

It's important to talk about your feelings. You can talk to a friend, a family member, or a professional. Talking about your feelings can help you understand them better and find ways to deal with them. It can also help you feel less alone and more supported.

When you talk about your feelings, it's important to be honest. Don't try to hide your feelings or make excuses. Just tell the person how you're feeling. They can help you work through your feelings and find ways to cope.

It's also important to listen to other people's feelings. When someone tells you how they're feeling, try to understand where they're coming from. You can't always agree, but you can show that you care and that you're listening.

Remember, it's okay to feel sad, angry, or scared. These are all normal feelings. Don't let anyone tell you that your feelings are wrong or that you should be happy all the time. It's important to take care of yourself and your feelings.

There are many ways to talk about your feelings. You can write in a journal, draw, or even talk to a pet. Find what works best for you.

Looking after yourself

It's important to look after yourself. This means taking care of your body and mind. You should eat healthy food, exercise, and get enough sleep. It's also important to manage stress and take breaks when you need them.

Sleep and rest

Getting enough sleep is important for your health. Adults should aim for 7-9 hours of sleep each night. Children need more sleep. Make sure you have a good bedtime routine and a comfortable sleeping environment.

It's also important to take breaks during the day. Stand up and stretch every hour. This helps you stay alert and reduces stress.

Food and drink

Eating a healthy diet is important for your overall health. Focus on fruits, vegetables, whole grains, and lean proteins. Limit sugary drinks and processed foods. Drinking plenty of water is also essential for staying hydrated.

It's also important to limit alcohol and avoid smoking. These habits can harm your health and increase the risk of chronic diseases.

Regular exercise is another key part of looking after yourself. Aim for at least 150 minutes of moderate exercise each week. This can help improve your mood and reduce stress.

This might help

For more information on healthy living, visit the NHS website. You can also talk to your GP or a health professional for advice.



Self-care

It is important to take care of yourself, too. This means taking time to rest, eat, and drink. It also means taking time to do things you enjoy. Self-care is not selfish. It is necessary for you to be able to help others.

Remember, you are the most important person in your life. Take care of yourself, and you will be able to help others.

Remember, you are the most important person in your life. Take care of yourself, and you will be able to help others. 22

Staying connected

It is important to stay connected to your family and friends. This means talking to them often and letting them know how you are doing. It also means spending time with them and doing things together.

Remember, you are the most important person in your life. Take care of yourself, and you will be able to help others.

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Past bereavements

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Useful organisations

Age UK

Age UK is the largest charity in the UK, helping older people with a wide range of services, including care homes, day centres, home care, and advice.

Age UK Advice: 0800 169 65 65

For more information, visit www.ageuk.org.uk

Age Cymru: 0300 303 44 98
www.agecymru.org.uk

Age NI: 0808 808 7575
www.ageeni.org

Age Scotland: 0800 124 4222
www.agescotland.org.uk

AtaLoss

AtaLoss is a loss function that is used to train a model to generate text. It is defined as the negative log-likelihood of the ground truth sequence given the predicted sequence.

Lifeline

Lifeline is a free, confidential, 24-hour helpline for people who are experiencing a mental health crisis. It is available to anyone who is struggling with mental health issues, including those who are experiencing suicidal thoughts or feelings.

☎ 0808 808 8000
www.lifelinehelpline.info

Mind

Mind is a national mental health charity that provides support and advice to people with mental health problems. It also campaigns for better mental health services and policies.

☎ 0300 123 3393
✉ info@mind.org.uk
www.mind.org.uk

National Bereavement Service

The National Bereavement Service (NBS) is a free, confidential, 24-hour helpline for people who are experiencing a bereavement. It is available to anyone who is struggling with the loss of a loved one, including those who are experiencing complicated grief or suicidal thoughts.

☎ 0800 0246 121
www.thenbs.org

Samaritans

Samaritans is a national charity that provides a free, confidential, 24-hour helpline for people who are experiencing a crisis. It is available to anyone who is struggling with mental health issues, including those who are experiencing suicidal thoughts or feelings.

☎ 116 123
✉ jo@samaritans.org
www.samaritans.org

Sands

Sands is a national charity that provides support and advice to people who are experiencing a bereavement. It also campaigns for better bereavement services and policies.

☎ 0808 164 3332
✉ helpline@sands.org.uk
www.sands.org.uk

SSAFA, the Armed Forces Charity

0800 260 6767
www.ssafa.org.uk

The Compassionate Friends

0345 123 2304
helpline@tcf.org.uk
www.tcf.org.uk

The Good Grief Trust

hello@thegoodgrieftrust.org.uk
www.thegoodgrieftrust.org.uk

Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

Give your views on guides like this

Age UK's guides are written by people who know what it's like to be an older person. We want to hear from you about what you think of our guides. You can give your views on our guides by joining our readers panel. It's free and you can do it online. Visit www.ageuk.org.uk/readers-panel.

2

Donate to us

Age UK is a charity and we need your help to keep our services going. You can donate to us by visiting www.ageuk.org.uk/donate. You can donate as little or as much as you like. We'll be really grateful for any donation you make.

3

4

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0800 169 65 65
www.ageuk.org.uk



Age UK is a registered charity. For more information, please contact us on 0800 169 65 65.



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