



Complete
Funeral Care

When Grief Feels Overwhelming



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If you are feeling overwhelmed, exhausted, numb, tearful, angry, anxious, or simply not yourself, please know this: **nothing is “wrong” with you**. Grief affects everyone differently, and there is no right way to experience it.

This guide is here to offer gentle reassurance and practical support for moments when grief feels like too much.

Signs You May Be Feeling Overwhelmed by Grief

You might recognise some of the following:

- Feeling emotionally drained or constantly on edge
- Struggling to sleep or feeling exhausted all the time
- Finding it hard to concentrate or make decisions
- Wanting to withdraw from people or everyday life
- Feeling numb, detached, or “on autopilot”
- Waves of sadness or panic that come without warning

These responses are **common in grief**, especially after a loss — even if time has passed.

Gentle Things You Can Do Right Now

When grief feels heavy, small things matter.

Slow your breathing

Place one hand on your chest and take a slow breath in through your nose, then out through your mouth. Do this a few times. You don’t need to “calm down” — just slow the moment.

Lower the bar for today

Today does not need to be productive. Resting, surviving, or simply getting through is enough.

Stay connected — gently

You don't need to explain how you feel. Sitting quietly with someone, sending a short message, or being near others can help reduce feelings of isolation.

Ground yourself in the present

Notice what you can see, hear, or touch around you. A warm drink, a blanket, or fresh air can help bring a small sense of steadiness.



It's Okay If Your Grief Doesn't Look Like Others'

Some people cry openly. Others feel numb. Some talk about their loved one constantly; others find that too painful.

Grief is **not a straight line**, and it doesn't follow rules. You are not failing because you're still struggling — you are grieving.



When You're Finding Things Hard to Cope With

If you feel:

- Unable to cope day to day
- Overwhelmed most of the time
- Isolated or disconnected
- Like your grief is affecting your mental or physical health

Please consider reaching out for additional support. This could be:

- A trusted friend or family member
- Your GP
- A bereavement counsellor or support organisation



You deserve care and understanding during this time.

You Are Not Alone

At **Complete Funeral Care**, our support does not end after the funeral. We understand that grief continues long after the arrangements are complete — often quietly and unseen.

We have created a series of bereavement support guides to help you through different stages and challenges of grief. These guides are here for you to read in your own time, at your own pace.

If you would like further support or guidance, please don't hesitate to reach out. Sometimes, simply being heard can make a difference.

*******  *If you are in immediate distress or feel unsafe, please call **999**, seek urgent medical support or contact a crisis service straight away on **116 123** (Samaritans)*  *******