All about shock

Shock is the nasty feeling that we get for the first minutes, hours and days when we are told something horrible. Being told that someone is dead is very, very horrible, so the shock can be really bad.

People who are in shock sometimes feel really cold and shiver, or don’t want to move about much, or don’t feel like talking or eating much. It’s like they are frozen by the horrible news they have been told. Not everyone has this happen to them, but many people do. But with lots of love and a little time they feel a bit better and can start to get on with life again.

If you are suffering from shock, remember that these feelings are normal to begin with, and should go away. It’s like being really ill. Lots of hugs with people you love really helps. So does eating your favourite food.

Amy’s top tip – If you feel cold, get warm. Ask an adult to make you a hot water bottle! They’re great to cuddle.

Feeling sad

Feeling terribly sad is the most normal feeling of all when someone dies. Everything can feel miserable.

Sometimes it’s hard to imagine ever being happy again. Sometimes it’s difficult to remember a time when you were happy.

Feeling sad when someone dies has a special name. It is called GRIEVING. It is normal to grieve. When you grieve, you have lots of different feelings. But it’s normal to feel exactly how you do. That’s what grieving is all about.

Some people describe grieving as being a bit like going on a roller coaster. One minute you are up and at it and feel fine. The next you are down in the dumps and feel rubbish.

Who cares about you? Who can help you feel a bit better?