

After Suicide Support Group

A safe and caring space to support one another and share what is helpful.

Monthly Meeting

2nd Monday
of each month
(except Jan '17)
Next meeting Monday
9 May, 5:30pm at Grief
Support Services.

As well as facilitating the
'After Suicide Support Group'
we offer individual and
family counselling. We work
with children from age 6.

Our services are subsidised,
donations are welcomed.

Group Facilitators

Janet Baird
Megan Gamble

Administrator

Denise Carroll

Contact us:

578 4480

support@griefsupport.org.nz

Website:

www.griefsupport.org.nz

Please tell us
about any books,
quotes, ideas
that you have
found to be
helpful so we
can share these
in this
newsletter.

If you no longer wish to
receive this newsletter
please let Denise know.

Kia ora and welcome to this newsletter

We hope you will experience it as a link to a community which cares about you and acknowledges the pain and the changes the loss of your loved one has brought.

We have sent this newsletter to you because you ticked a box on our form saying 'yes' to our newsletters or because you have attended the support group. If you have received this in the post, please send us your email address so future newsletters can be emailed you.

At our April group some of the themes that came up in our conversations were:

Ideas that some hold about a 'hierarchy' of
whose grief is more painful and how this can
impact on ones grief and relationships.

People can be well intended but sometimes what
is said isn't helpful, how to manage this.

How do you stop thoughts going round and
round?

Responsibility

I have a responsibility to those I love...
To be loving, patient, considerate and kind;
To be loyal, respectful and honest,
To be appreciative, encouraging and comforting,
To share myself and care for myself
To be the best possible "Me"

BUT

I am not responsible for them...
Not for their achievements, successes or triumphs,
Not for their joy, gratification or fulfilment;
Not for their defeats, failures or disappointments;
Not for their thoughts, choices or mistakes.
And not for their suicide.
For had I been responsible
This death would not have occurred.
Author Unknown,

Please email / phone / or text (only) 027 213 1013
and let us know if you are coming to the group so we
know how many chairs and cups to put out. :)
(on the day is fine) J and M.

The Sigh Breath is a way of interrupting the build up of physical stress and tension. It is good to do one or two every half hour as you start creating a habit of being aware of your breathing; and again when you feel the onset of stress.

- Breathe in through nose slowly and evenly. (This is not a really deep breath)
- Pause for a second, let the air out slowly thorough your nose, take as long as possible
- As you let the air out think about relaxing your face, jaw, shoulders and abdomen. Pay attention to the natural pause that occurs at the end of the ex-hale, no need to think about breathing in - this will happen naturally after a second or two. Simply enjoy this moment of stillness between breathing cycles.

Belly Breathing Start with a few Sigh Breaths

- Lie on your back and place your one hand on your belly and one on your chest
- Breathe in through your nose, in a way that makes the hand on your belly rise, counting to 4 slowly. Try to keep the other hand from being moved by your chest.
- Hold, count to 4
- Exhale, counting to 4 as you do. Hold, count to 4. Repeat this for a couple of minutes each morning and evening.

These two techniques are ways to start some body maintenance against stress. Breathing into your belly can be quite difficult for some people, it is worth practicing. Having practiced these they will be more likely to come to mind if you feel the onset of stress or overwhelm. It can be helpful to tell someone about this so they can help you breathe through panic or anxiety if you like to have support.