



As indigenous people we have a cultural obligation to look after our mob. It is okay and important to also look after ourselves.



Many people who have cared for someone who has passed away find it challenging in the months following. There can be many different feelings as you consider life without the person you cared for. The person who has passed away may have played an important role in your life or in the community which can create an ongoing impact. It may also be hard to adjust to a life without the role of caring.

For some people, grief can feel very intense and you may want to be alone. Alternatively you may feel lonely and want people around to support you. All of those feelings are very normal. Grief can take a long time to process and can change over time. Be gentle with yourself, express your feelings, and allow yourself time to grieve.

Keeping your body and spirit strong after loss



Having strong social connections, with your family and your mob, can help you stay strong. Reflecting on your spiritual and cultural obligations, can also help you stay strong. We encourage you to continue your own traditions and rituals related to Sorry Business (or your religion) during this time.

Keep your body strong

- Get proper sleep.
- Eat well (increase your intake of fruit and vegetables).
- Do some gentle exercise (go for a walk on Country).
- Do less of the things that weaken or harm our bodies (like alcohol and drugs).
- Visit your health worker for a check-up.
- Yarn with your Traditional Healer.



Keep connected

- Invite some of your mob over for a feed.
- Try and attend a new group or community event.
- It might be the right time to go for a fish with someone from your mob.
- Offer to help others in your community.



Keep your spirit strong

- Pause and think about how you are feeling.
- Yarn with a trusted friend, family member, Elder or health worker about how you are feeling.
- Yarn with others who understand what you have been through by joining a support group.
- Spend time on Country or in a peaceful place for your spiritual wellbeing. Connect with your spiritual ancestors or totem connections.
- Express your feelings through art, dance, music or story-telling.
- Spend time doing things that help you feel grounded and feel creative.



If things are not getting better

You should not expect life to return to exactly the way it was before caring. Things have changed. You have changed. However, you should feel like you are taking small steps towards adjusting to life.

If it has been many months since the passing of your loved one and you don't feel like you are moving forward in any way, contact your health worker, Elders or Traditional Healer. They will be able to suggest ways to help you get through this difficult period.

Consider calling 13 YARN to talk to someone.

Here for You (May 2022) by
Marrawuy Journeys artist Sarah Richards

