

All of us working in health or social care, from clinicians to care workers, domestic assistants to dentists, porters to paramedics are likely to encounter death and bereavement at some point. For some of us this may be infrequent, while others may experience bereavement situations much more often. And there may also be differences in how we react and respond. But finding positive ways to cope is important for our own health and wellbeing. Each of us may find different things helpful, but often a good place to start is to **TALK**.

**Tell, Ask, Listen, Kindness.**

It can be beneficial to **tell** someone how you're feeling and share what's going on for you.

**Ask** for help and support if you need it.

**Listen** to your colleagues and find out how they're doing.

Be **kind** to yourself and those you work with.

We're all different, so what we find a difficult circumstance will vary. There are certain types of deaths that people might expect to find particularly upsetting, perhaps those that are sudden, traumatic or involve a very young person. Sometimes, it may be the drip drip effect of having witnessed death and dying over time that may take its toll or perhaps a death may trigger memories of a personal experience or remind us of someone that we care about. But we can't always predict which experiences will prove especially challenging to cope with.

There may also be times when we find a bereavement situation at work difficult to handle without being able to identify why. Tell someone how you're feeling and share what's going on for you. Ask for help and support if you need it. Listen to your colleagues and find out how they're doing. Be kind to yourself and those you work with. Even if we witness death and dying on a regular basis and have developed effective coping strategies to look after ourselves there may be times when we can still find things particularly hard.

For our own wellbeing, now and in the future, it's important to recognise how the death of a person has affected us and when to seek help. Don't suffer in silence or feel isolated, because the chances are, most – if not all – of our colleagues will have felt the same at some point. Resilience can be found not only within people, but between people. So acknowledge your own feelings, support your colleagues, and encourage each other to TALK.

The film was produced in July 2020 and can be found at [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or <https://vimeo.com/440679133>. For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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