



Grief is a normal process of life but we understand that this can be overwhelming

You Are Not Alone

“ Everything is changeable, everything appears and disappears; there is no blissful peace until one passes beyond the agony of life and death.”

Buddha 42



The “Kindness project” team are here to provide support and help you cope after the death of a loved one – to book an appointment with one of our volunteers;

Call Bahu Trust on 0121 440 4096

Email friends@bahustrust.org

Visit <https://bahustrust.org/the-kindness-project/>

Buddhism and Bereavement

Buddhism has many different traditions, but all share core teachings from the Buddha, and they have been found to help people in many countries and cultures for over 2,500 years.

The Buddha teaches us that everything is impermanent, continually dying and being born again, a process called rebirth. All living beings must get old, get sick and die. Death is natural, universal, and often painful.

However, there is much that can be done to help the one who is dying, has died and the bereaved families. Buddhism encourages you to take refuge in the Buddha, his teachings and in his spiritual community. We can find Support in familiar rituals such as chanting.

It is good to have contact with monks, nuns, visit a Buddhist centre with spiritual teachers and friends. Physical practices can include prostrations and walking meditation.

The merit of a ceremony can be sent to help those who are sick or have died. Rituals have the purpose of blessing the person who has died, because **death is not the end, only a stage in a journey of many lives in which we have the chance to learn and grow.**

The practice of loving kindness begins with oneself, recognising one's own needs and limitations, along with asking for help. Water seeds of happiness in your own heart. Then extend the kindness to others by your intention and actions.

"The one who does good is happy, both in this world and the next. They are happy thinking about the good they have done and happier still when they contemplate the path ahead"

Dhammapada, sayings of the Buddha (18)

Top Tips

Death is not the end, only a stage in a journey of many lives in which we have the chance to learn and grow.

It may be helpful to reflect on the life that has been lived, the good qualities of the person, the effects of their good actions and intentions.

Understand the difficulties they faced and practise forgiveness; where that is needed. Express your feelings in a tangible or creative way. Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say

Try to maintain your hobbies and interests. There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment.

Plan ahead for grief "triggers."

Anniversaries, holidays, and milestones can reawaken memories and feelings. Talk to family & friends ahead of time about their expectations and agree on strategies to honour the person you loved.

Look after your physical health

The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising.

Reconnect with Nature

It has been proven to help with the grieving process. Go for long walks in the park or just take time out in the garden

Contact Us

Organisation	Community Offer Now	Contact Number	Email Address Web Page
Bahu Trust	The "Kindness Project", bereavement support and a befriending service to anyone living in the Hall Green Constituency	Call 0121 440 4096 and ask for Abdullah Rehman	friends@bahustrust.org https://bahustrust.org/the-kindness-project/
Cruse Birmingham	Bereavement Service	General Enquiries 0121 687 8011 10am - 4pm Self-Referrals 0121 687 8010 leave a message and this will be returned via call. In need of urgent support call 0808 808 1677	https://www.cruse-birmingham.co.uk/
Birmingham Bereavement Advice Centre	Bereavement	0800 634 9494 Mon – Fri 9am - 5pm	www.bereavementadvice.org
Governments Support	funeral costs	N/A	Get help with funeral costs (<i>Funeral Expenses Payment</i>) - GOV.UK (www.gov.uk)
St Mary's Hospice	Bereavement Telephone Service Free one to one support to those who are struggling with the loss of a loved one due to Covid-19	07966165193	www.birmingham-hospice.org.uk/community-bereavement-service



Hall Green
Neighbourhood
Network Scheme

