

SELF-CARE GUIDE

DAN LIE
*HONEST GRIEVING FOR A
BETTER LIFE*

Spike Island

Content guidance: This event series references themes of death and dying, and speaks to the contributors' personal experiences of loss and grief. If you have been affected by these themes and topics, see below for ways to support your wellbeing as well as a list of organisations to reach out to for support.

Supporting Your Wellbeing

Normalise: Be gentle, kind, and supportive to yourself if you are feeling impacted and overwhelmed.

Lived Experience: If you have a relatable experience to any of the content in the event, remember it is important you respond to any memories and experience by taking care of yourself and supporting your wellbeing. Information and self-care supportive strategies are available to use on this page.

If you require any further support beyond what we can provide, please contact your GP for further guidance and information.

Interacting with the Event

During or after the event you may feel you need:

Reflection: If you notice your thoughts and feelings are causing you to feel upset, recognise your response and validate it as a normal reaction to what you are experiencing.

Connection: If your body feels unsettled, take some time to breathe into where you feel any discomfort.

Comfort: If you need to take a break, consider stepping outside of the event space. If you need access to a quiet space, please speak to a staff member who will be able to assist you.

Purpose: If helpful, acknowledge that the purpose of the event is to explore the journey of grieving as a healthy and necessary practice. Reassure yourself with this shared purpose.

Post Event Self-care

If you think you may be experiencing a response to the event, take time to support your self-care and well-being. You could reflect on the following questions noting down what stands out for you and create a self-care support process.

Have you noticed any changes in your thoughts or feelings?

How do you feel physically since you visited the event?

Are you experiencing any difficult thoughts and feelings relating to the content of the event?

What do you need to do to care for your wellbeing and release any distress that you may be holding?

How can you be compassionate with yourself?

Resources

MIND is a national charity that provides free and low-cost mental health support, talking therapies, crisis helplines, counselling, and befriending schemes.

mind.org.uk/about-us/contact-us

hello@otrbristol.org.uk | 0300 102 1234

BRISTOL MIND

bristolmind.org.uk/contact-us

info@bristolmind.org.uk | 0117 980 0370

SAMARITANS is a charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide through its telephone helpline.

samaritans.org/how-we-can-help | 16 123

QUEER DEATH CAFE is an informal and safe meet up for queer humans to come together and talk about grief, death, and dying.

instagram.com/queer_death_cafe