

# Understanding When Things Go Wrong at Our Club

## Sadness, Loss & Incidents



Sometimes we may experience a harrowing injury, or hear the news of the sudden loss of a friend at our Club. When this happens it's a good time to remind ourselves about how we respond to sad or distressing events.

Occasions like these can hit you like an earthquake. They are sudden and usually come without warning. In an earthquake we experience fear, terror, uncertainty and panic. Our home shakes and falls, cracks appear in the ground, essential services are halted. The earthquake 'happens' and all around is broken. We stand stunned and shocked by the scene. Our friends or neighbours have gone, or are focussed on their own losses. Sometimes, our homes are unaffected, but others around us are suffering.

You or a friend may be experiencing one or all of fear, terror, uncertainty and panic. Your daily routine may collapse, your support systems fail –

order and security seems to be gone. Emotions run high, or low...

Whether you are close to those affected (or not) the distressing event will affect each of us in many ways. Feelings can run deep and all of us respond to news or events like these differently.

In a world which seeks to "hurry up", or minimise sadness, loss and distress, can we encourage you to allow it to take its course. Don't rush it. Don't smother it. Don't ignore it. Just go with it. If you need a walk, take a break. If you need to talk – talk with someone about it. If you need to pull over, stop the car. Be kind to yourself.

When we suppress these feelings it can have silent, harmful effects on us. When we allow ourselves to work through these feelings in a supportive, caring community we adjust to life much better.

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## What we might be experiencing...

Many people, including ourselves, experience the following symptoms:

- **Shock And Disbelief** – Right after a sudden loss it can be hard to accept what happened. You may feel numb and have trouble believing what took place.
- **Sadness** – Sadness is probably the most universally experienced symptom. You may have feelings of emptiness, numbness and real confusion about why this happened. You may cry or feel emotionally unstable. This is normal.
- **Guilt** – You may regret or feel guilty about things you did or didn't do, or even said or didn't say.
- **Anger** – You may feel angry and resentful. Sometimes we can be angry at ourselves, society, each other, or even God. You may feel the need to blame someone for the injustice that was done. Again, this is normal.
- **Fear** – The event can trigger a host of worries and doubts. You may feel anxious, nervous and fearful. The thought of going out or taking any kind of risk may seem overwhelming.
- **Physical Symptoms** – We often think that our feelings will just affect our emotional process, but often they can lead to physical problems, including fatigue, nausea and lack of sleep.

Any or all of these reactions are normal. For some people they last a little while, for others they may last longer. There is no formula. *Just remember that almost anything you experience is normal.*

## Some practical things you can do...

- Be gentle with yourself, don't expect too much. Your body and soul need repair.
- Accept help when offered and seek help if a problem is unresolved
- Give your body rest. When possible, go to bed earlier
- Get together with friends. Focusing on others will help you deal with the pain. Lean on your family and friends for support - "Talk"
- Say a quick prayer for help for those hurting (or yourself)
- Be patient. If you feel depressed for a while, it's ok
- Ask, 'how are you doing?' – listen more and talk a little less
- Learn to share your thoughts and feelings, talk, write (on Facebook), sing, exercise, cry
- Good nutrition is important, so go easy on junk food and give alcohol a miss for a while

## Your Club is a Great Place

Clubs are great places to watch out for each other. Be honest with one-another, supportive of each other's feelings, moods, reactions and emotions and remain positive and encouraging. Remember, people recover well in community when we genuinely show care for one another.

*NB: If any of these experiences above persist unrelentingly over long periods you should seek help. Talk to your Chaplain, Support Person or see your Doctor.*

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If you would like to have a quiet chat or help your club, family or friends work through their grief please contact,

**Your Club Chaplain:**