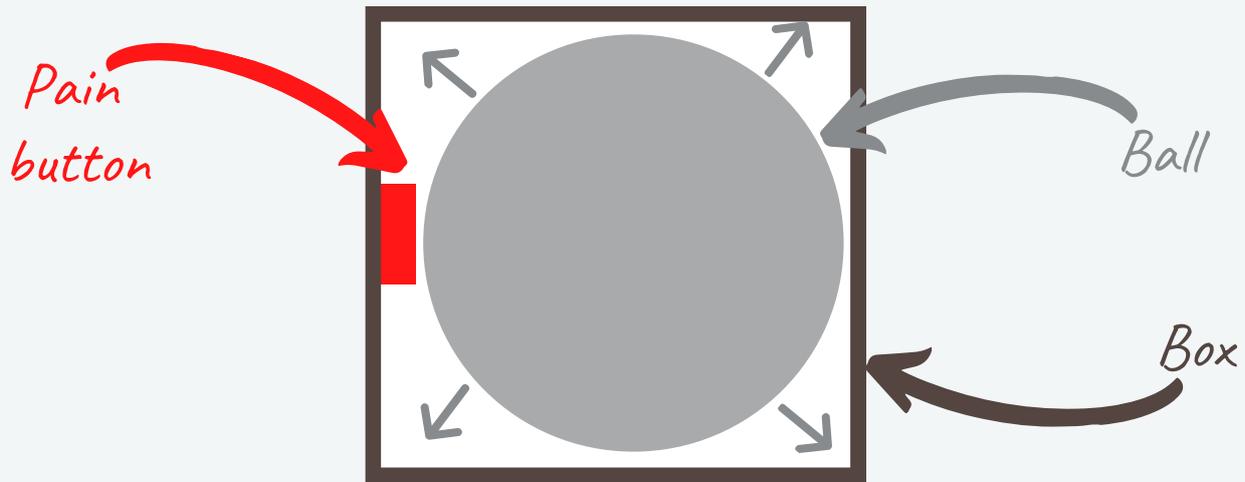


Grief: The Ball in the Box

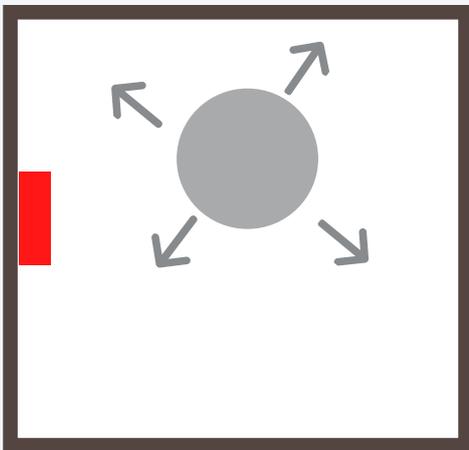
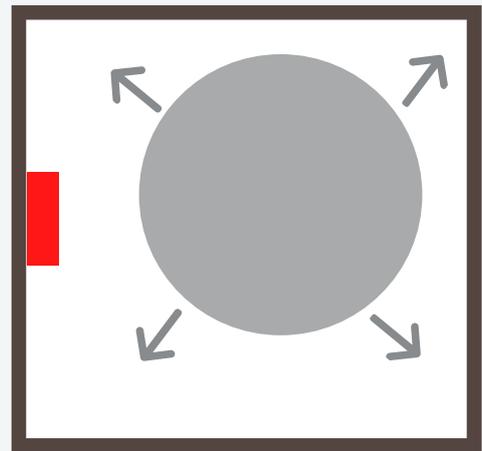
Imagine your grief as a ball in a box. The box has a pain button on one side of it.



To start with, the ball will be so big inside the box that it will hit the pain button all the time as it moves around.

No matter what you do, there doesn't seem to be any escaping it.

As time goes on, the ball gets smaller. It hits the button less, but when it does, it hurts just as much. It gets easier to function in your daily life, but the ball will hit the button randomly and take you by surprise.



For most of us, the ball never really disappears. It might hit the pain button less and you'll have more time to recover from it but there will always be triggers that can set the ball off again.

Sharing the 'ball in the box' with your friends, family and co-workers makes it easier for you to talk about your grief, easier for them to understand & gives everyone a simple way to talk about how you're feeling.