



WHEN EVERYTHING WAS SAD...

MANAGING LIFE AFTER LOSS.

ENGLISH



WELCOME!

It's not easy to resume a normal life after going through difficult experiences, such as violence at home or in foreign countries, war situations or becoming a refugee. Many things change and sometimes you may not be sure about yourself anymore.

EMOTIONAL INJURIES – TRAUMA

We all know injuries of the body: bruises after being hit, burns when our skin has come into contact with something too hot, cuts when something sharp or spiky has touched our skin...

In the same way our body can suffer from injuries, also our soul can be injured. Injuries of the body are usually visible. Emotional injuries are invisible and therefore much harder to understand: for the injured person as well as others. This story is about such an emotional wound.

Are there things that frighten you because they remind you of difficult times? Is there something that makes you really sad and you don't want to talk about it? Are there

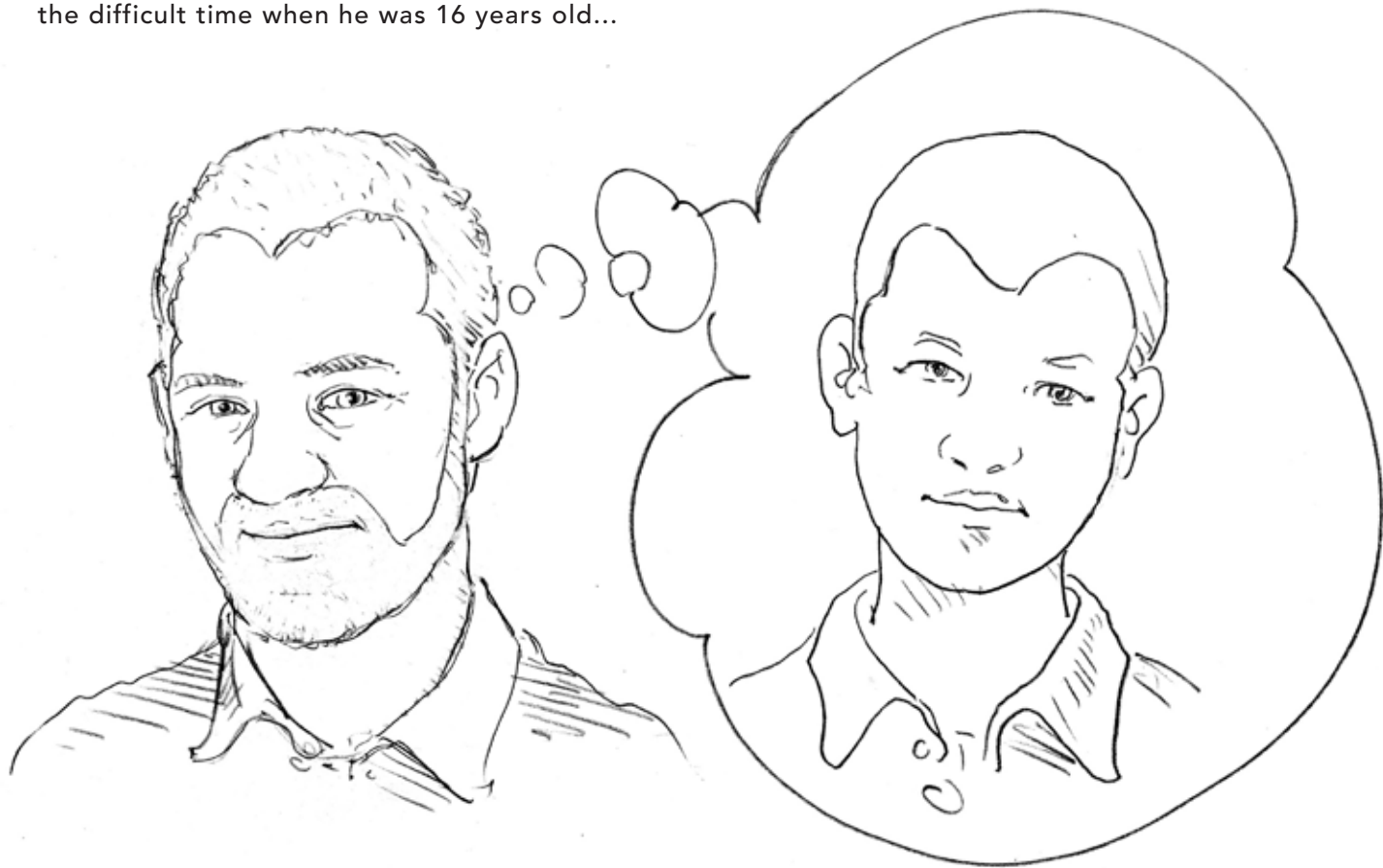
others who cannot understand why you don't feel like doing something you liked doing before? Do you just want to be left alone – or on the contrary – need someone close by? As you will see, other girls and boys know what you are going through from own experience!

It sometimes happens that we lose someone or something we love. The grief over such a loss can be really painful. Lots of different feelings can be overwhelming. Even if it takes time, life can become beautiful again. In this story, we want to show you what can happen in such a difficult phase and present a few ideas on how to make things easier. We hope it will help you!

GENERAL CONCEPT:

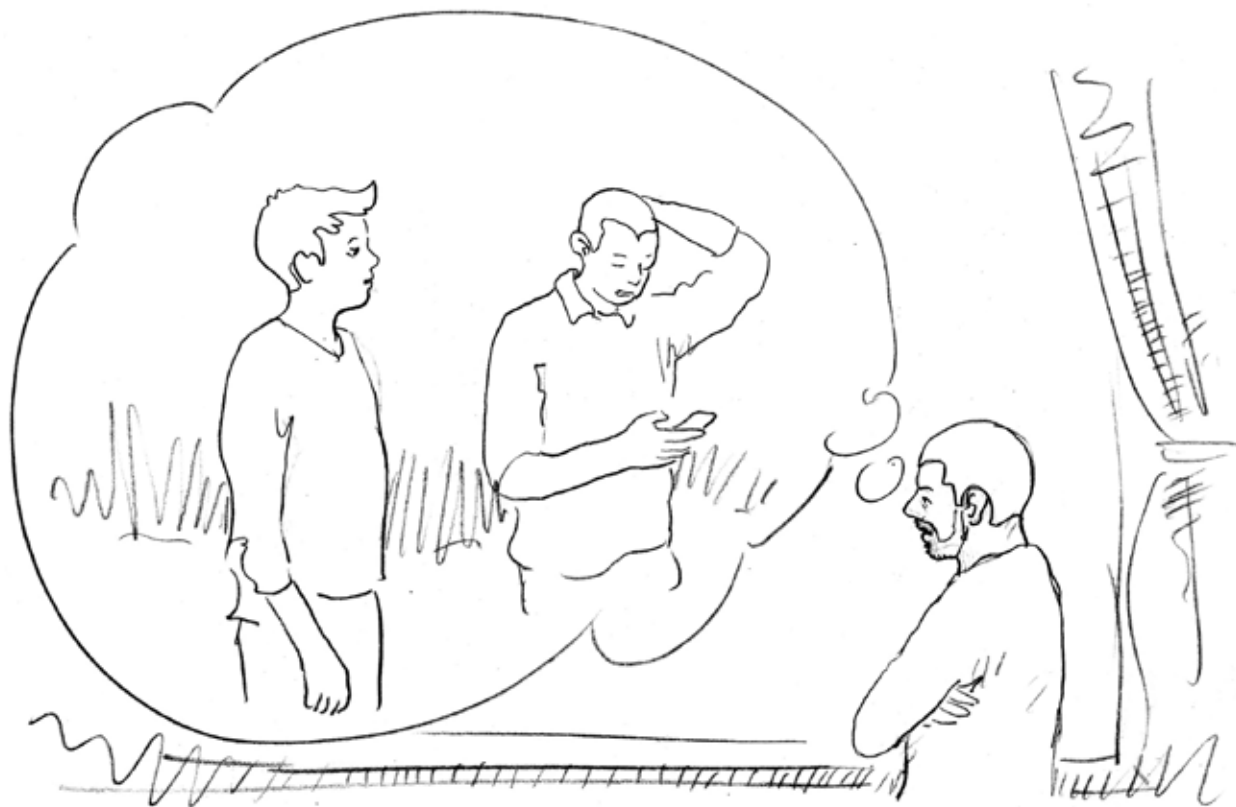
In several stories we talk about problems after emotional injuries – about sleeplessness, anxiety, anger, feeling aggressive or sad, grief, difficulties remembering things and concentrating, distressing memories and other topics. We also offer suggestions about what could help.

This young man's name is Rován. He still remembers the difficult time when he was 16 years old...





Back when I got the bad news ...

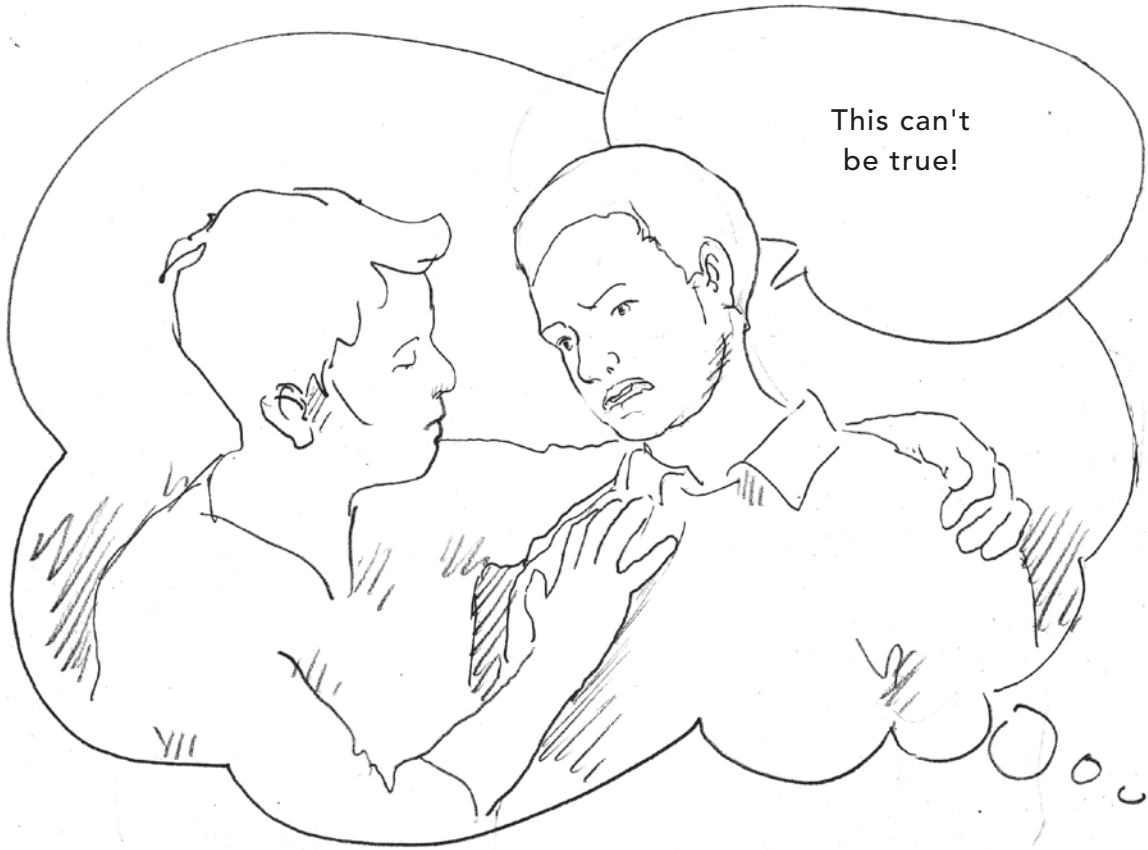
























I remember I had a really
difficult time back then.



I don't know. I just have nothing left.
But it's good that you are here.

Is there anything we
can do for you?



Some days later ...














Sometime later...







I would do anything just to feel happy
again. Everything was good back then,
right?
Why didn't I see that before?

One night ...









The next day...











Again some time later ...

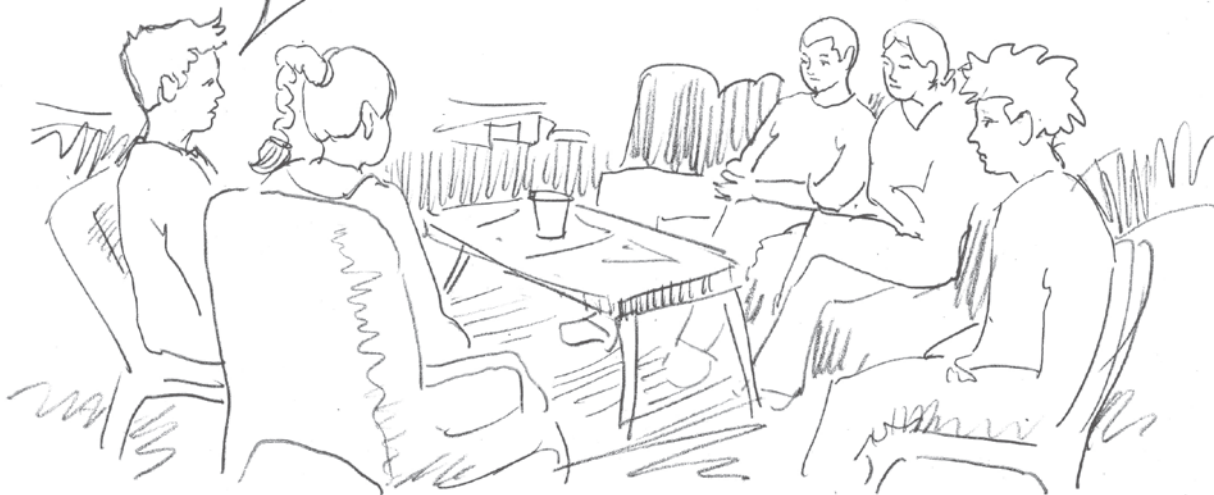


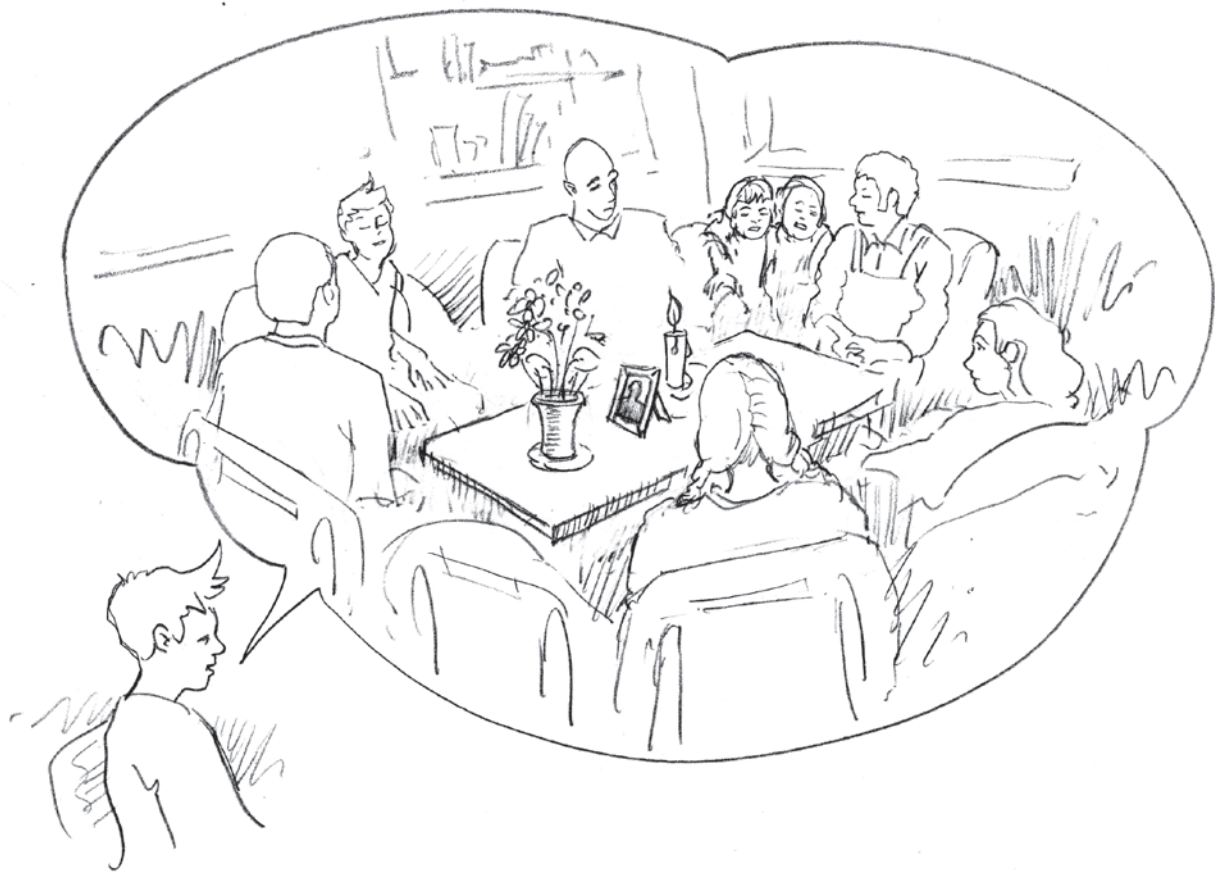
Where I come from, our neighbours and the whole family come together. Everyone is there, day and night, talking and praying together. It is tiring but also good.





Yes, it is quite similar for us. Our friends and distant relatives take care of everything important, such as cooking and cleaning. Thanks to them, we don't have to worry about anything and have time to talk, to cry and to pray.



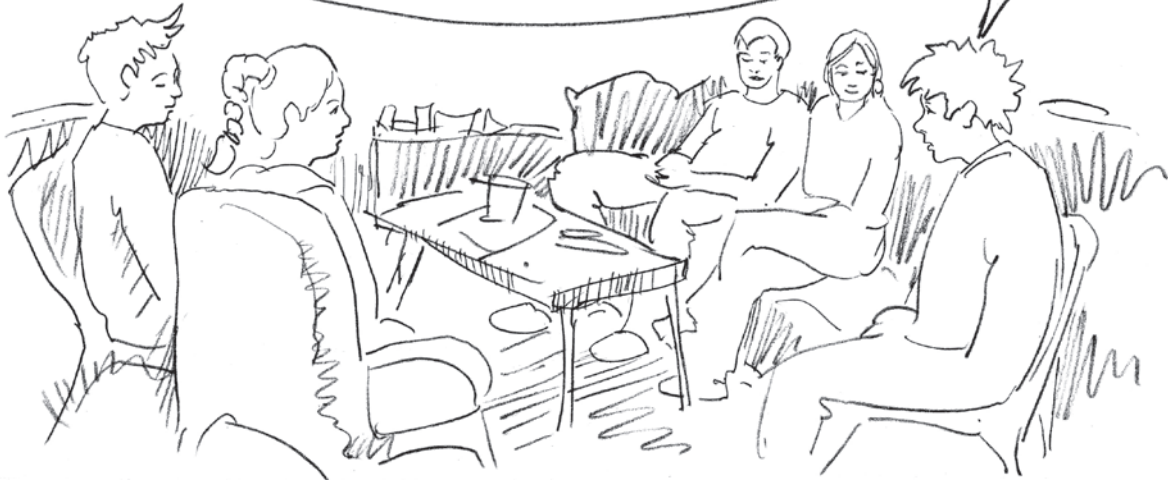


We get together with our children,
paint pictures and make small presents.
This is how we say goodbye.





I really like when they start telling stories from the past. Then it feels as if everything was still just as before. Of course, it's also sad because it will never be like that again.



Yes, it's really hard to accept that this time is over. Our friends were a great help – in the beginning, but also later on after a few weeks and months...

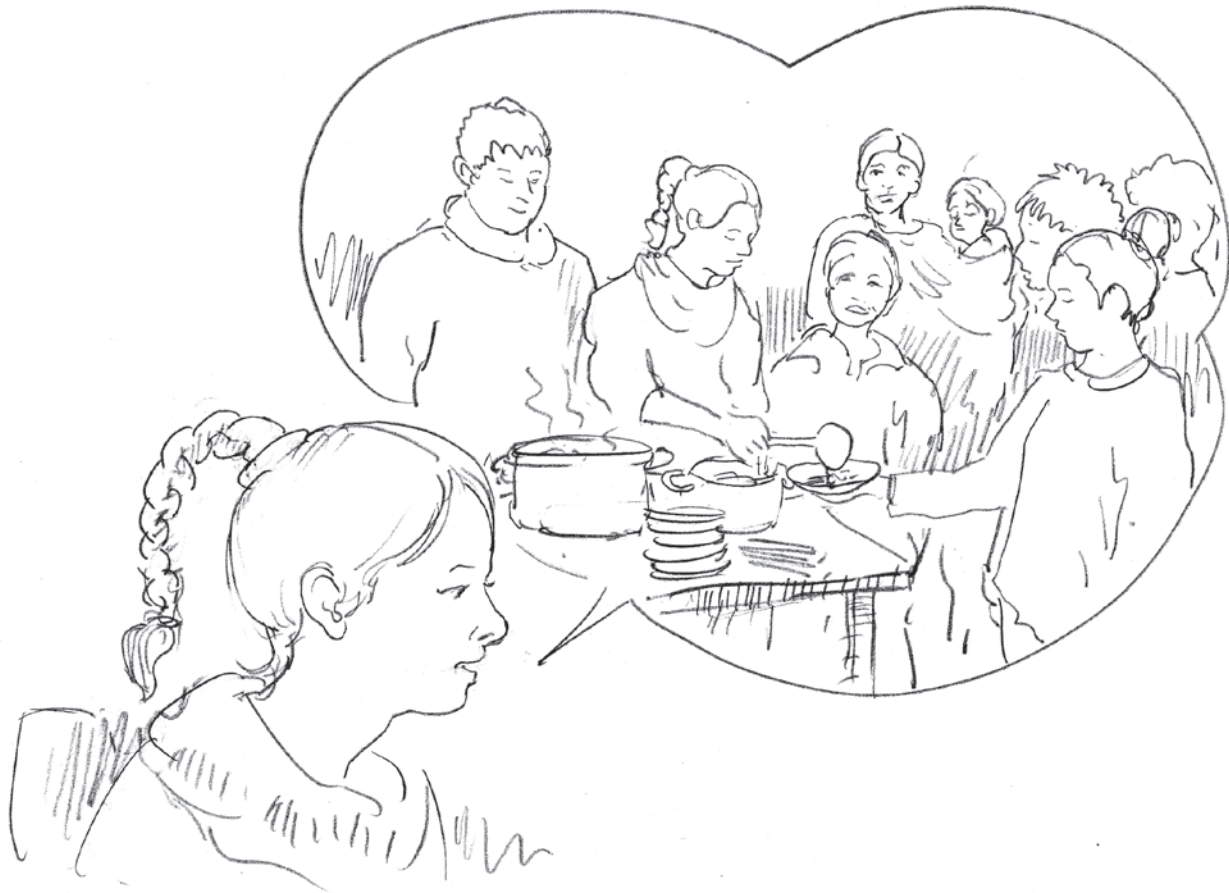




This can also be quite tiring, though.
Sometimes I just needed a little peace
and quiet and wanted to be left alone.

Our most beautiful ritual, I think, is to give to other people in the name of our loved one. On certain days, we prepare special types of delicious food and give it to friends as well as poor people. This is how we remember the time before our loss and show our gratitude.



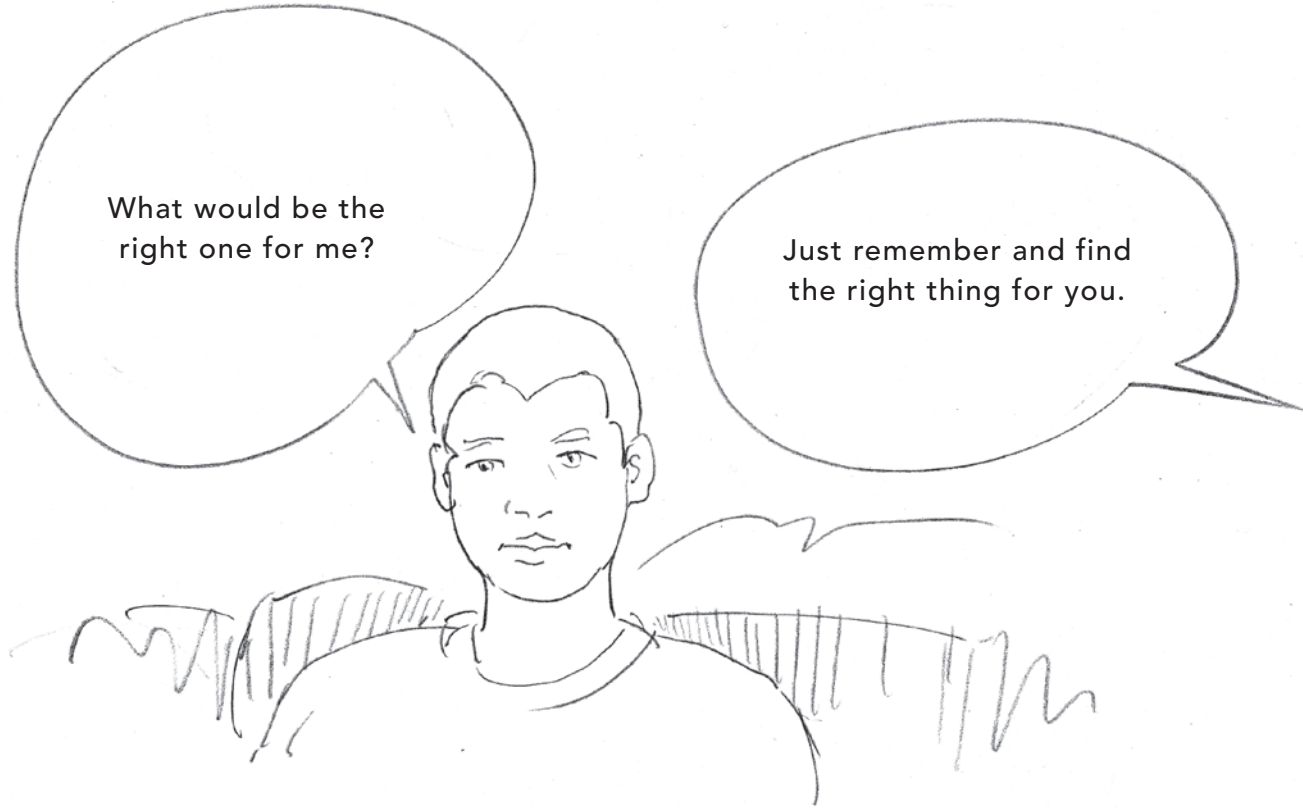


We also meet on special days and think of our loved one. The whole family and all friends come together.



How fascinating that all cultures have
farewell rituals. Thank you for
sharing them with me!





What would be the right one for me?

Just remember and find the right thing for you.


A while later ...






A few months later...



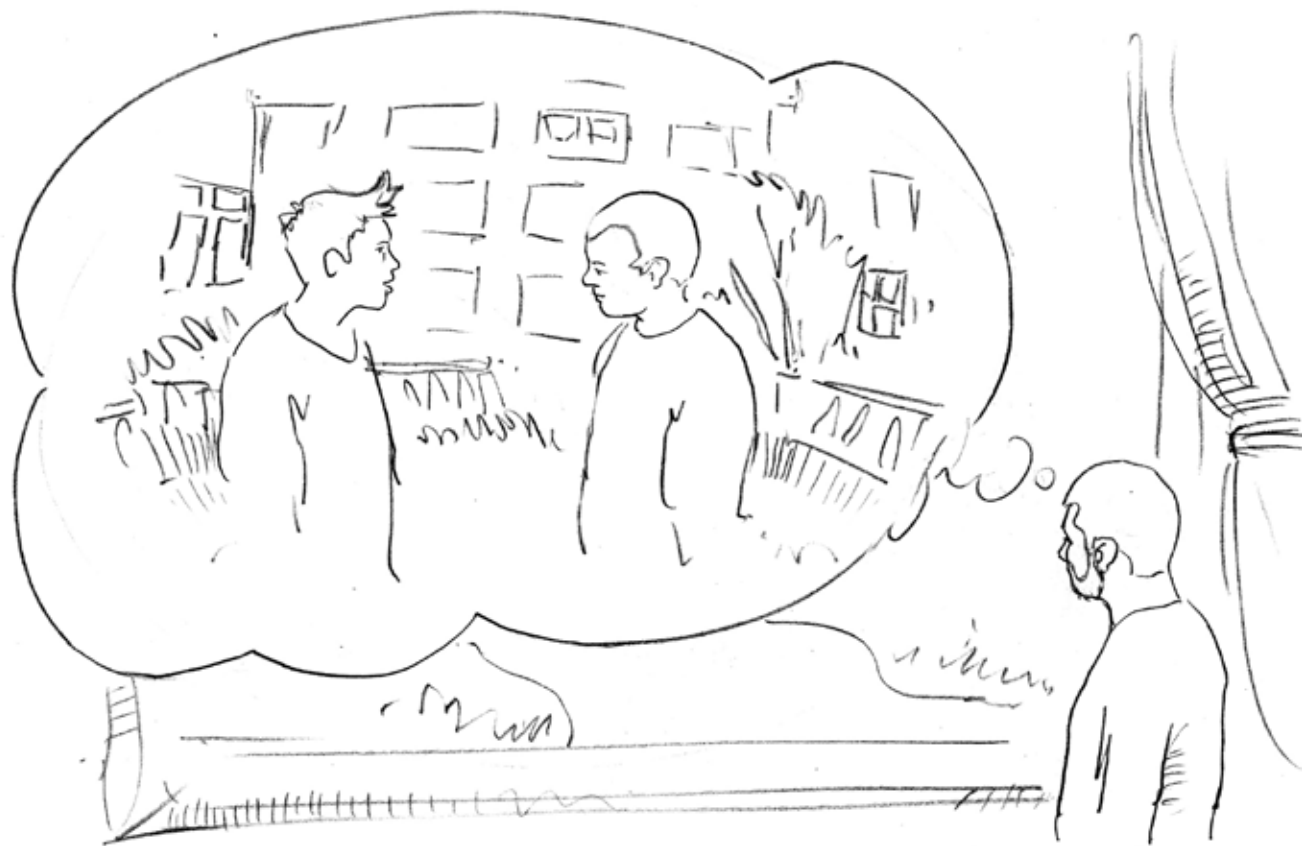


Hmm, it takes a long time.
But at least you are already
feeling better sometimes.



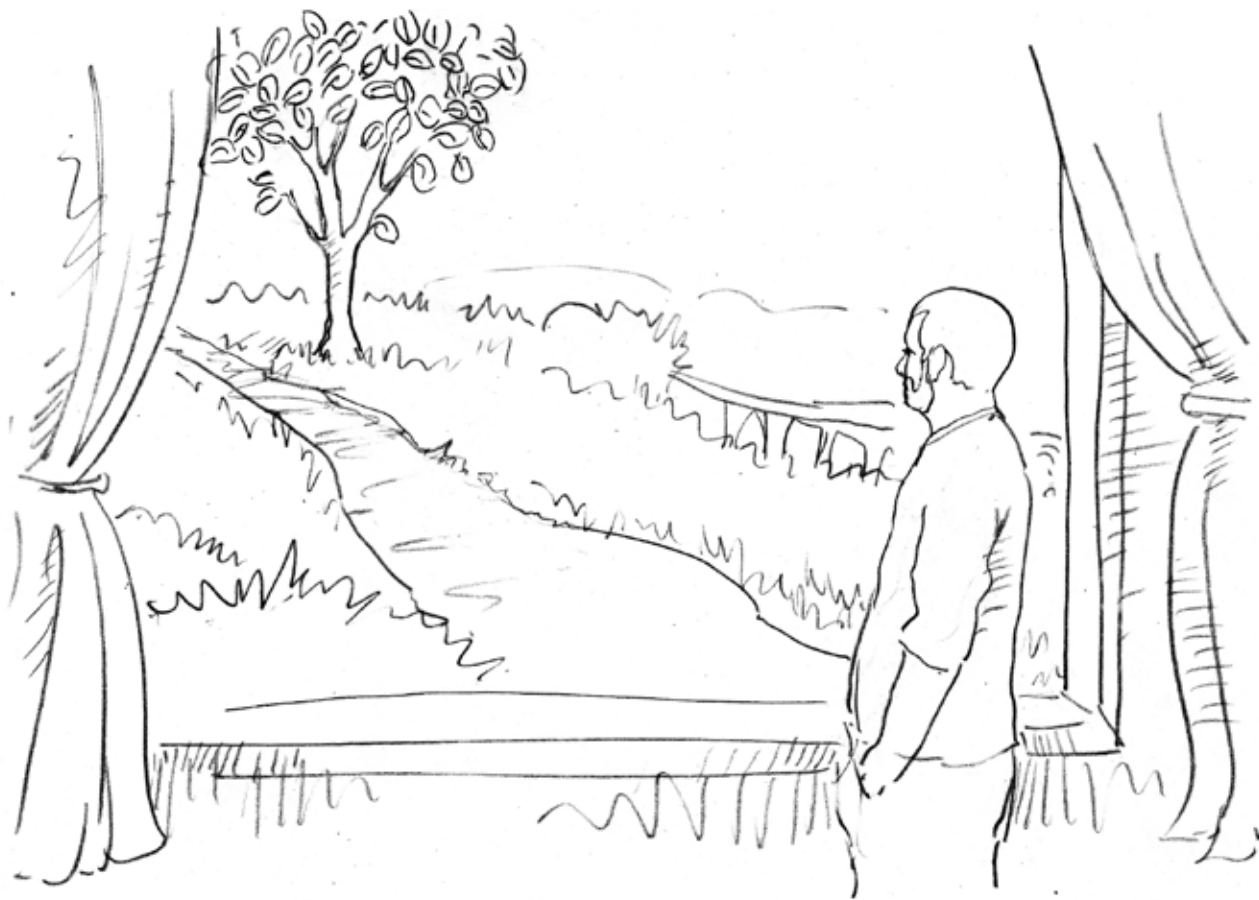
There are always good memories...
It makes me sad yet also stronger to go ahead.





Although there are still times when I am sad, I can enjoy life again. I am so glad to have good memories.









HOW DO DOCTORS, THERAPISTS AND COUNSELLORS HELP?

Sometimes you feel bad without knowing exactly why. In such moments, it is good to have someone who can listen, understand and help. Such a person might be a family member or friend. When we are confronted with major problems, it is also a good idea to see a doctor, healer or so-called psychologists, psychotherapists or psychological counsellors.

Especially after having gone through bad experiences, it can help to talk to and seek the support of therapists, psychologists or psychological counsellors. You can talk about things that preoccupy and worry you. But you do not have to, if you do not feel like talking about it. Be assured everything you say during a session is kept confidential. They will listen to you, and if you want to express something but cannot find the right words, there are also other options such as painting, playing games etc. Such a therapy or counselling programme is usually based on regular appointments. If you run out of time, you can always continue in the next session.

Go to our website to find out what we can offer in your area:

WWW.ACT-N-O-W.COM/TRAUMA-SUPPORT



About this booklet

This booklet was conceived and realised by the NOW Working Group Trauma Surviving, an interdisciplinary and international group of experts in the field of trauma survival:

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We would like to thank everyone who supported us with feedback on the Booklet.

The purpose of this publication is to provide young people with an understanding of the impact of grief. In order to reach as many young people as possible, we are looking for partners interested in distributing this booklet, currently available in several languages:

German, English, Arabic, Dari-Farsi, ...

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The background of the entire page is a repeating pattern of stylized human figures. These figures are rendered in various colors (including shades of blue, green, yellow, orange, and red) and sizes, representing a diverse population. They are arranged in a way that creates a sense of movement and flow across the page.

IMPRINT

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