



Looking after yourself as we approach the Grenfell anniversary



Grenfell Health and Wellbeing Service

Anniversaries can bring up painful feelings and memories. Strong emotions are normal and there is no right way to think or feel. **Here are some things you might notice in yourself or others around you:**

- Difficulty sleeping
- Feeling more 'on edge' and angry
- Increased sadness and negative thoughts
- Upsetting thoughts about those who lost their lives
- More memories of Grenfell coming to mind
- Not wanting to think or talk about the 14 June and avoiding reminders of it
- Guilt about actions and reactions on the night
- Children may experience any of the above and also:
 - Could become more clingy with parents or carers
 - Complain of physical ailments such as headaches and stomach aches
- You may also feel guilty for not thinking about those who died or for feeling positive emotions. It is OK to have positive feelings and memories.



Helpful things to do



1. Do whatever you want and need to do to mark the occasion – join in planned activities, with your friends or your family.

2. Take time to reflect in your own way



3. Check in with others who may be struggling but make sure you still take care of yourself

4. Think carefully about how much time you spend online, switch it off if it's not helping



5. Spend time with friends and family

6. Talk to someone you trust, if you want to



7. Plan relaxing, comforting things to do and think about how you might manage if you are upset



8. Get exercise, eat well, and do nice things



9. Keep your routine if it helps you

10. Take unnecessary pressure off yourself



11. Do things for the community, like helping others.

If you need help in an emergency or out of hours call: **0800 0234 650**

www.grenfellwellbeing.com

If you feel down, stressed, traumatised or bereaved we are here to help.

If you are already in contact with someone in our service, talk to them about how you might plan some of the helpful things to do.

Our Outreach Team is here when and where you want for a chat about your wellbeing at any time.

Call Outreach on: 0208 962 4393 (8am to 8pm and overnight from 10pm to 7am)

You can also develop your own coping plan, using our Anniversary coping worksheet on our website (paper copies are available from the Grenfell Health and Wellbeing Service at St Charles and at the second floor reception in the Curve).

