



A Supportive Document

On the Death of HRH Queen Elizabeth II

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Whether pro Royal, anti-Royal, or neutral, the death of The Queen will have an impact on the nation (and the world) and will bring about many changes. The Queen reigned for 70 years, which means she is the only monarch and ruler of the UK than many British Citizens have known. Her face is on the bank notes, stamps, post boxes bear her name. She has been a constant at Christmas with her 3pm message. Everyone recognises her colourful (and stylish) hats and dresses/coats she wore when out and about doing her Royal duties and attending events.

Now things will change. Bank notes, coins and stamps will eventually look different, post boxes will be changed (and the British post box as has been a national heritage of sorts!). King Charles will deliver the Christmas message. For some, she has been a national treasure whom they have loved. Despite being Queen, glimpses of the human being with a sense of humour often came through. She had a grace that was undeniable as she saw the country through so much, and most recently the Covid Pandemic. There are places named after her from parks to oncology centres and more.

Overnight, the country has changed and yet we go on living. A moment in history that had to happen one day, but in many ways The Queen seemed immortal (and in some ways she still is and leaves a huge historical legacy as well as a personal one).

Now, we face a changed UK, as well as a changed world without her physical presence. In this historical event of the longest serving monarch, it changes what most have known their whole lifetime.

Change involves loss and gain, upheaval. For those who loved and cherished The Queen, personally, or as monarch, there is also the grief of her no longer being here. This is all going to take time for individuals and the country. We cannot predict how things will be with the changes, even if we try and predict. We are entering a new era which also carries the grief and loss.

Any death or loss can open the portals of past deaths and losses, and not least upon the death of such as The Queen. A culmination of past deaths, losses, and changes may arise in various ways from memories, to thoughts, to feeling, to physical sensations.

Here are some things that may be helpful for you at this time:

Be kind to and patient with yourself... give yourself time to process grief and The Queen's death

Grief cannot be rushed. It is a vital process. Tears cleanse the eyes to clean debris, which if not cleaned can cause stress, which can cause illness. Crying is a vital and needed thing! If you find you need to slow down, cry, take time, know this is often part of the process. Be gentle and kind with yourself. The nation has is facing a huge loss and shock, and this can trigger other losses and shocks. Take time to honour this and honour yourself. See if there are caring things you can do for yourself at this time.

It's important to allow yourself to feel whatever emotion it is you are feeling

It is important to allow yourself to feel whatever emotion you are feeling, without judgement. There is no right or wrong way to feel when loss happens. You may feel sad, you may feel angry, you may feel numbed out. Each emotion and feeling are 'messengers from beyond' as the Rumi poem says. It is telling you something. Allowing yourself to process the emotions and feelings without judgement, even if it feels uncomfortable, will be more helpful in the long run than bottling up and denying how you feel.

Share how you're feeling with someone you trust

For some people it can help to talk about the loss with someone you trust. Even a chat over a cuppa with a good friend can help. With the loss of The Queen, many are wanting to pay their respects, talk about The Queen and the loss to the country. If you are not someone who likes to verbally process, you could write in a journal or find some other way like writing to someone you trust.

Self-care

It is important to take good care of yourself during times of loss and shock. Some people spend so much time caring for others, they forget themselves. Others struggle to value themselves enough to take good care of themselves. You have been given you to love and take care of. Taking care of yourself helps you to be more present to care for others.

Self-care can mean many things. It isn't only about bubble baths and face masks. Self-care can mean taking time for yourself to write in your journal or to rest. Self-care can mean taking a walk in Nature and feeling the support of Nature. Self-care can mean getting enough good nutrients. Self-care can mean wearing something that you feel good in. Self-care can mean looking at what you really want to do in your life and contemplating that as we all approach death, how do you want to live. Self-care can mean slowing down and not being all things to all people (and none of us can be all things anyway!). Have a think about what self-care might mean for you and see what you could put in this week and next week and each week, or day even, that can support you in self-care.

Furthermore, if you find you are feeling distressed watching the news coverage of The Queen's death and the mourning period, it may be helpful that you set some limits and boundaries around how much you watch or read. It may help too to watch and read some of the things that bring loving memory of The Queen – for example, The Queen and Paddington at the Jubilee weekend. The Queen had a great sense of humour and was a good sport in many things over her 70-year reign.

Here are some resources from our valued colleague and friend, Dr John Wilson, who is a respected UK expert on grief and bereavement. He provides very helpful literature, articles, and help for people going through loss and bereavement. We thoroughly recommend all his resources.

[The Plain Guide to Grief: Amazon.co.uk: Wilson PhD, John: 9781800491373: Books](https://www.amazon.co.uk/Wilson-PhD-John/dp/9781800491373)

[John Wilson PhD | Counsellor, Teacher, Author, Researcher \(johnwilsononline.org\)](https://johnwilsononline.org/)

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