



Understanding Dying and Death

- When a person comes to the end of their life we call this dying.
- When someone dies their body and brain do not work anymore. We call this the time of their death.
- After death we say a person has died or is dead. Once a person is dead they will always be dead.
- Many people do not like to talk about dying and death as this can be upsetting. When people need to talk about death they may often use other words to say the same thing. For example, instead of saying 'died' someone might say a person is 'at peace' or 'at rest'. There are many ways of saying this and sometimes this can be confusing.
- When someone you know dies it can be very upsetting. It can be difficult to deal with all the emotions that you have. You may be sad or angry and you may have other feelings as well. Other people around you may also be upset and may act differently from the way they usually do. This can also make you feel uncomfortable.
- Death is the end of life. It can be upsetting to talk about death and very upsetting for people who know someone who is dying or has died. It is usual to feel upset when someone you know dies. It can also be a confusing but most people feel better after some time.

