

# Let's talk about grief

## Grief awareness campaign content calendar – week 1

Thu 1st Aug



### Introducing 'Let's Talk About Grief'

Throughout the month, we'll raise awareness, offer tips, bust myths, and engage in courageous conversations around many aspects of grief and its wide-ranging effects.

Fri 2nd Aug



### How's your grief literacy?

Grief affects us all in different ways. While discussions about grief are prevalent in the media, why do we still find it difficult to talk about it with each other?

Sat 3rd Aug



### The importance of grief literacy.

When interprofessional health workers, institutions, and systems recognise grief as a public health priority, bereavement care shifts from an afterthought to a vital part of our healthcare system.

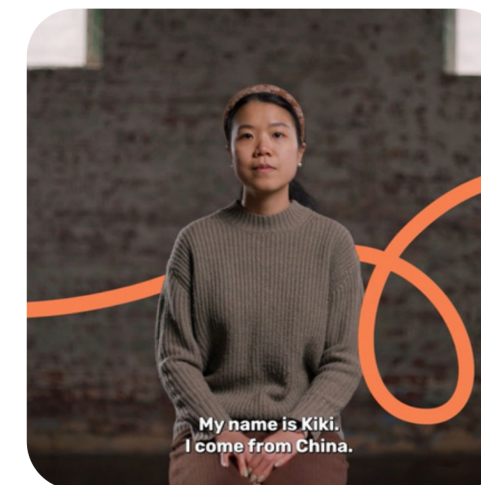
Sun 4th Aug



### Paulo Coelho and grief.

☀️ "We never lose our loved ones. They accompany us; they don't disappear from our lives. We are merely in different rooms." – Paulo Coelho ☀️

Mon 5th Aug



### Loss and loneliness

Supporting the launch of Loneliness Awareness Week, we highlight personal stories that reveal the causes of loneliness and the profound impact significant loss, such as the death of a pet, can have on our sense of connection and well-being.

Tue 6th Aug



### Being alone vs being lonely.

Just like grief, loneliness is a universal human experience. While being alone can be peaceful and enjoyable for some people, loneliness is often associated with a sense of isolation or emotional emptiness.

Wed 7th Aug



### Sleep and grief.

Dr Moira Junge, CEO of the Sleep Foundation sheds light on how Australia's sleep health is going; considering the impact of current life events and upheaval.