



Royal London presents Lost for Words

I'm quite a practical person and things like flowers is a really nice sentiment and you do get lots of flowers. But it sort of like, it just felt more like, more hassle. It sounds so ungrateful. Like cutting the stems off and finding vases. You know, for loads of people, it's so nice and it is nice, don't get me wrong. But I remember one of my friends sent me like a plant. And I really appreciated that. You're mourning someone that's passed away, and then you're given this beautiful living thing, and then it just dies in front of your eyes, the petals all fall off and it's brown and withered and then the water starts stinking. Doesn't that just reinforce the, sort of, death? It seems a bit mental to me.

People all deal with death differently, so lots of people will give you a wide berth, cos they just don't know how to act, which kind of isn't helpful. You know, the person grieving can lead you, but it's nice to know that everyone is there for you.

But people also sort of think you lose your sense of humour. I remember, actually, you know, my dad had just died, and I have the Scrabble app on my phone, and I was playing this Scrabble game. And I'd got to the end, and I'm not kidding, the letters that I had left in my rack were D, E, A, D. I was playing against my friend and so I just put DEAD and then I messaged her in the - cos you can message each other - I put, "Which is what my dad now is," which to me, it made me laugh and it was really funny and some people might think that's warped.

With both of my parents, you know, they were both Muslim, they were in the ground within a week of them passing away, within a few days, cos that's how you do it. And me and my two sisters, you know, we're terrible at admin, we can't be bothered with pomp and circumstance. And, actually, it suited me quite well, that their religion doesn't believe in all that for when they passed away. So, it's literally like, sort of a mound in mud in the ground and a marker. You know, for me, and I know everyone's different, that worked really well.



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Once you have a parent or both parents, in my case, that pass away, people will tiptoe around you, and everyone else starts having a bit of a sense of humour bypass, cos they're worried about you and whether it will be offensive if they still have a sense of humour. But humour is a really good coping mechanism and you don't want to be mourning the whole time. And, also, you know, you can't find a better time for having a laugh than when you're in grieving.