

## **Family Members Of MH370 Express Their Sorrow Through Instagram, Twitter Bernama Jan 30, 2015**

KUALA LUMPUR, 30 Jan (Bernama) -- Maira Elizabeth Nari, the daughter the missing Malaysia Airlines Flight MH370's chief steward Andrew Nari, uploaded a black screen on her Instagram @mairaelizabethnari to express her grief after the announcement by the Malaysian government on the fate of the flight and the passengers, Thursday.

The black screen to express sorrow to those who perished was uploaded after it was declared flight MH370 that went missing since March 8, 2014 was an accident in accordance with the Standards of Annexes 12 and 13 to the Chicago Convention and that all 239 of the passengers and crew onboard MH370 are presumed to have lost their lives.

Maira Elizabeth through the same account downloaded the message "And that all 239 passengers and crew on board MH370 are presumed to have lost their lives. #MH370."

The black screen received 900 'like' while Maira Elizabeth also received words of encouragement, including from @zurinalee ho said "Dear darling.. we know our presence can't replace the one you lost. But remember you've got the love from the whole nation. You'll always have our moral support. Pls stay strong ya. Take care."

Meanwhile, @dery.natasha said: "Dear Maira. What can I say, pls be strong pretty. I know it's difficult, I'm not at your place but I can feel your sadness. Keep on praying and everything happens for a reason. May God ease everything."

In her Twitter account @Gorgxous\_ Maira Elizabeth urged everyone to give time to accept the destiny by posting: "I need my own time and space, so please. Haih...".

Meanwhile, the Intan Maizura Othman, the wife of steward Mohd Hazrin Mohamed Hasnan in her Instagram @intanmaizuraothaman uploaded a video recording of a karaoke session with Mohd Hazrin who sang the song 'Teman Pengganti', a song by Black and Malique, yesterday.

The uploaded video recording received more than 1,000 'like' and words of comfort from her Instagram account followers, including @fatihalee who wrote: "Be strong.

"I know you are going through difficult and painful days, everything happens for a reason. We will always pray for the passengers of MH370 and may God show everyone the truth one day. Stay strong akk".

@fiymelia said: "keep strong sister...I will pray for you to remain strong when facing the destiny...you are a strong woman and with the two gifts (children) from your loving husband as a remembrance will keep you going..you are superb and awesome...luv ur spirit..".

The same Video clip was shared on her Twitter account @intanmaizura80 which had very meaningful lyrics like...I always love you B.."

Meanwhile, the Malaysian Mental Health Association Deputy President Datuk Dr Andrew Mohanraj said coping with such loss is a deeply personal experience for the families and no one can truly understand what they are going through now.

"However, now after the announcement, relatives and close friends are in a better position to help them through the grief process," said Mohanraj who is also a consultant psychiatrist, in a statement here today,

He said death can be very difficult to accept, but prolonged grief can take a toll on the psychological state of family members, and loved ones can suffer from depression in the long run.

"This emotions of grief can be complicated and unnecessarily extended if families are preoccupied with various conspiracy theories that have now been debunked," he said.

"Acceptance, which is the final phase of grief, may be the bravest thing to do," he added.

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