

# Helping you through your grief

## A quick guide for teenagers coping with the loss of a loved one

Grief is the intense often overwhelming feelings you get after someone special dies. Everyone grieves in their own unique way, and it's important to remember, there is no right or wrong way to feel. The death of a loved one is difficult at any age, but it can be especially tough as a teenager, as you also deal with the general ups and downs of adolescence.

Learning to live on without your loved one being there, and hearing their name and talking about them, can sometimes feel painful but it is crucial to your healing. To help you navigate through your grief, we've pulled together a range of helpful tips that we hope might help you cope:

### Get some rest

Grief is exhausting. It can take a lot of time and energy and can leave you feeling wiped out so take time to relax and rest when you can.



### It's good to talk

Sharing your thoughts and emotions with someone can really help. This can be someone you love and care for, or someone outside the family.

### Don't be afraid to cry

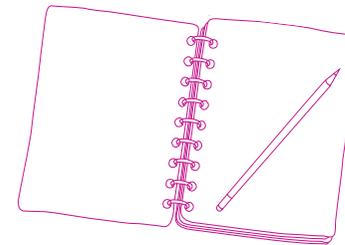
Crying is the body's natural way of making us feel better. If we hold it in we can feel heavy and anxious.

### Spend time with friends

Meeting up with friends can be a real tonic, as they can help you to focus on other things for a while and give you the opportunity to have some fun.

### Laugh

Laughing helps release feel good chemicals in your body which help you feel happier. Remember you don't need to feel guilty for being happy and having fun.



### Write down your feelings

Keeping a diary or a journal can be a healthy way of getting your thoughts out of your mind. You could share these with someone close or choose to keep them secret - it's your choice.

### Get creative

Art is a fantastic way to express yourself. Why not make something in memory of someone, for example decorating a stone for the garden?

### Make memories

Starting a book of written/visual memories or making a memory box can be a great way to remember your loved one and treasure keepsakes that remind you of them.

### Eat healthy

It's important to keep your body healthy to help provide you with the energy you need.

### Exercise regularly

A regular dose of physical activity can help you get rid of negative energy and will also release feel good chemicals in your body to help you feel happier.

