



## **Teen Guide to Grieving**

When it comes to grief, each person's response is unique. It can sometimes feel unnatural or even awkward at times. There is no right or wrong way to grieve and no definition of what is and is not okay to grieve. You might be surprised by how you end up feeling day-to-day or even minute-by-minute. Here is a list of ways that have supported teens in the grieving process and in the space below, reflect on how or what YOU are currently grieving.

- **Cry it out:** Crying can help relieve pain and stress. It is not a sign of weakness.
- Talk about it: Confide in a friend or adult who you trust. Finding support in others is a great way to process your emotions and experience the benefits of a listening ear.
- ➤ Write it down: Write about your loss your experience with loss and grief and how it makes you feel. Writing and journaling can help you process your emotions and reflect on how you're feeling, increasing awareness and relieving stress.
- ➤ **Get creative:** Express yourself through music, art, building, taking photographs or even planting something new.
- Move around: Walk, run, dance, lift weights or try any activity that gets your body in motion. Physical activity helps release anger and other built up emotions. It also helps your mind get a new perspective.

Today I feel			

