



HELPFUL HINTS IN DEALING WITH YOUR GRIEF

- Be gentle with yourself. Allow whatever time you need to grieve. Don't rush it or feel it's going on too long. Healing takes time.
- Take it easy. Get as much rest as you feel you need. Don't feel obligated to accomplish even the most ordinary chores if you need time to rest or sit and be sad.
- Allow yourself to feel the pain. You may feel depressed. It is good to cry. Let the grieving process run its natural course.
- It's okay to be angry. Let it out. Go somewhere where you can yell in private. Work it off. Throw a ball against a wall. Find someone with whom you can talk about your anger (friend, family, counselor, etc.).
- Accept help and support when offered. It is not a sign of personal weakness when we need each other.
- Ask for help from whomever you think might comfort you. Don't forget the importance of family, friends, and spiritual leaders.
- Take care of your physical needs - good nutrition, moderate exercise.
- Don't make major decisions or changes in your life for several months.
- Schedule comforting and/or fun activities. Read, journal, draw. Take time for special interests. Look for new activities. Plan things to look forward to.
- Do something for someone else. Volunteer to help someone at school or in the community.

Remember, you will get better and life will seem brighter. Hold on to hope. You will not go through your grief in an even way. Some days will be better than others.

If you need additional support, please contact SummerCounselors@d125.org

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