



Feelings you may experience

Feeling	How it might look/feel	Things to do
Shock or Dreamlike	Cry for no reason Body aches/pains	1. Talk to someone you trust (friend, family, teacher) 2. Rest 3. Give yourself a break
Confused or Uncertain	Trouble focusing on homework Restless Emotional ups and downs	1. Take a break from homework 2. Exercise 3. Talk to someone you trust
Anxious or Scared	Heart starts beating fast Desire to run and hide Feel out of control	1. Spend time with family and friends 2. Exercise or meditate 3. Tell your those close to you how you feel
Angry or Mad	Want to scream and cry Desire to yell at friends/family Feeling abandoned or alone	1. Spend time with family and friends 2. Go for a walk/run 3. Write in a diary or journal
Guilt or Regret	Thinking “what if. . .” Or “If I had only . . .” Feeling sick	1. Do not blame yourself 2. Talk to someone you trust 3. Think about what the person who died would say
Sad or Alone	Want to cry all the time Do not want to say goodbye Lonely	1. Make something to remember your loved one. Like ... Photo album, Story, or Drawing. 2. Spend time with friends or family
Ready to Return to Your Routine	Still a little sad, but it feel better. Want to return to school And spend time with friends	1. Go to school and after school activities 2. Find ways to remember the person who died 3. Allow yourself to smile when thinking of the person who died

Remember, these are only examples of possible grief responses; every person grieves in their own way.
It is okay to feel sad sometimes and not so sad other times.

Grief is one of the most natural, yet painful, experiences in human life. Please ask for help if you are struggling with your grief.
If these symptoms become too strong or begin to disrupt your daily life, please speak to an adult about seeking professional help.