

After a Loss

Grieving can be complicated. Remember that there is no right or wrong way to grieve. Here are some tips to help you through..

It's okay to have feelings

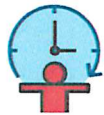


There is no "right" or "wrong" way to feel. Try not to judge your emotions.



Emotions change quickly when you are grieving.

Keep a routine



Having a routine can help with coping by providing much needed structure. Try to keep a routine.



Set small, achievable goals for yourself. Don't try to do too much too fast.

Express Yourself

Find ways to let your emotions out. It could be journaling, drawing, poetry, painting or even reading



It's okay to have fun. Spend time with positive friends. Let yourself laugh, play sports, watch a funny movie, etc.

You can still enjoy yourself while grieving



Self-Care

- Get a goodnight's sleep
- eat nourishing foods
- try and get exercise



Seek Support

It can be tough dealing with grief on your own. Reach out to a trusted adult for support. You can also call your local crisis line or the kidshelpphone at 1-800-668-6868

