

Dealing with grief and loss

For adolescents



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For those who have lost a family member or friend

Grieving is a normal healthy response when someone special in your life has died. Your healing journey is not a process for forgetting, it is a process for remembering with less pain and more happy times.

Sometimes it is helpful to have your own journal and write or draw things that we are thinking or feeling. You can create your own 'healing journal'.



Thoughts are a great way of expressing many feelings and emotions such as our sadness, our anger, our fears, our hope for the future, our admiration for someone, our love for someone or our thoughts of something funny.

Some suggestions for your healing journey

- Write a poem
- Talk to family and friends about how you are feeling
- Listen to soothing/relaxing or upbeat music
- Go for a jog or a walk – alone or with a friend
- Give your pet some special time
- Eat healthy food



- Get plenty of sleep – listen to your favourite music if you are having trouble sleeping
- Sing aloud with your music
- Watch a favourite fun movie
- Ask for a hug from someone you love
- Read a favourite book/magazine
- Play sport or a favourite game
- Let yourself cry
- Have a massage



Some suggestions of how friends can support each other



Take time to be with your friends and talk to them about how you are feeling.

Phone or text message each other often in the coming weeks.

Talk to parents/carers about how your day was – let them know they can support you.

Arrange to take healthy food to school to share with friends.

Do some fun things together – take a break from your grief.

Decide on something you would like to do in memory of your family member or friend. For example, if they were a good sports person you could organise a perpetual memorial trophy for a sports team, or organise your own special memorial with close family/friends or create your own memories book or box and ask others to contribute.



Ask to see the school counsellor if you are having nightmares, sleepless nights or thoughts that won't go away.