



ALL ABOUT GRIEF

What can I do?

Things to Know

Grief is a natural reaction to the loss of a person, but it can sometimes feel heavy and scary. Each person's grief is unique as they are and there is no one "right" way to feel or act. In fact, you may react and feel completely differently about each loss.

You might feel your grief in your body. It might trigger headaches, stomachaches, or tense and sore muscles. You could have trouble concentrating, focusing, or sleeping. Grief doesn't disappear, but it does change over time. Be patient with yourself.

Join Other Students

There is an online group for teens 13-18 in Kentucky who are experiencing grief from a death loss. Scan the QR code below to sign up.



YOUR GRIEF IS
WORTH YOUR TIME

Things to Do

- Move your body. Walk, run, dance, stretch, or anything that gets you moving.
- Take a deep breath. Toxins can leave the body through your breath.
- Get Creative! Art and music help reconnect parts of our brain as we heal.
- Write a letter to the person who died or to yourself. Sometimes getting words on a page makes emotions feel more manageable.
- Get enough sleep. Sleep can be hard after a loss, so try slow breathing (count to 4 in and out) or quiet music at bedtime to calm your body.
- Find the people who can listen and support you, whether it is a peer or adult.