

# Managing grief

A quick guide for children and young people

It can be hard to cope with the news that someone has passed away. The way we feel after this happens is called grief. We can feel grief after the loss of family, friends, pets, or even someone who we didn't know that well. Grief can impact our body, emotions and behaviour — this is normal, it takes time to accept loss and adapt to life without someone.

## I feel...

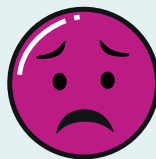
There is no right or wrong way to feel. Grief feels different for everyone. You might feel:



Sad



Angry



Worried



Numb



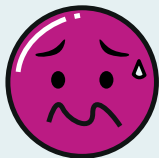
Scared



Shocked



Lost



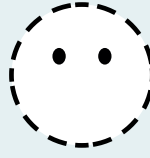
Guilty



Relieved



Anxious



Nothing at all

Feelings change over time, but we need to be kind to ourselves and accept our difficult feelings in order to make room for happier feelings.

## Coping with loss

Everyone manages loss differently. It can take a while to find something that works for you.



### Talk to someone

Grief can make us feel alone. Telling someone we trust can help us to feel supported.



### Get creative

Even if you're not ready to talk to someone, it's important you let your emotions show. Express your feelings through writing, drawing, colouring, screaming or crying.



### Be kind to yourself

Make time for yourself, do things you enjoy, distract yourself, make plans to look forward to, accept how you feel.

## Remembering

Moving on from grief isn't about forgetting - it's about accepting what has happened. There's lots of ways you can remember someone you have lost.

### Make a memory box

Decorate a box and fill it with photographs, gifts and objects that remind you of that person.

You could also write down your memories of them and the things you did together.



Taking slow deep breaths can help to calm our body and mind down in times of uncertainty.

- Breathe in for 4 seconds
- Hold for 4 seconds
- Breathe out for 4 seconds
- Pause for 4 seconds

