



## **Teens Natural Grief Response**

These are all NATURAL and NORMAL grief responses. Talking and crying are important parts of the healing process. If these symptoms persist, or increase in frequency, severity or duration, a physician or counselor should be consulted. If you are a friend or family member of a child who is grieving... listen when they need to talk... offer support when they need to cry.

### **Typical Reactions to the Death:**

- Trouble with falling asleep, staying asleep, or an increase in sleeping
- Change in eating habits (eating more, eating less, or eating more junk/comfort foods)
- Decreased energy or increase in feeling tired/fatigued
- Crying often or unable to cry
- Decreased interest in (or withdrawing from) friends, family, sports, normal activities
- Difficulty concentrating, losing focus, or forgetting things
- Health problems such as stomachaches, headaches, or increased clumsiness
- Impulsive behaviors, reckless driving, or other self-destructive behaviors
- Problem with parents, teachers, or other authority figures
- Dreams about the person who died, or an increase in nightmares
- Intrusive thoughts, remembering images about the death or memories of the person
- Drop in grades or increase in academic problems
- Desire to end the pain, sometimes through drugs, alcohol or suicidal thoughts

### **Teens Suggest These Ways to Cope with Grief Feelings:**

- Talk with someone you trust
- Exercise, play sports
- Listen to favorite music or music that reminds you of the person who died
- Find a way to have some fun, laugh, see a funny movie, TV show or video game
- Make a list of your strengths, things you like about yourself
- Practice deep breathing: Count to 10 when you feel stressed, angry and/or overwhelmed
- Volunteer (i.e., animal shelter, hospital, school, etc.)
- Take a walk at the beach or somewhere in nature
- Wash your face with cool water
- Scream into a pillow or into a backpack
- Paint or draw a picture
- Journal, write a poem or letter
- Call Teen Line Number (800/TLC-TEEN) or crisis intervention line 800/999-9999
- Call OUR HOUSE for grief support.

[www.OurHouse-Grief.org](http://www.OurHouse-Grief.org)

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