



## **TEEN'S NATURAL GRIEF RESPONSES**

### **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 stomach aches, 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
- Using drugs or alcohol in an attempt to cope
- Desire to end the pain through drugs, alcohol or suicidal thoughts\*

\*Suicidal thoughts or talk should be taken seriously and always require professional attention

### **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 dies
- Find a way to have some fun, laugh, see a funny movie or TV show
- Make a list of your strengths, things you like about yourself
- 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:

**OUR HOUSE**

**[www.ourhouse-grief.org](http://www.ourhouse-grief.org)**

**West LA Location: 310-473-1511**

**Woodland Hills Location: 818-222-3344**