



# Supporting Grief



## Understanding Grief

Grief is not only about death. We can grieve for any change in our lives including relationships, health, pets, and anything else which has major significance for us. One thing we've learned is that grief usually does what it wants - it doesn't follow any rules or keep to a schedule. There's no recipe and there isn't a right or wrong way to grieve. It's important to figure out what really helps you deal with all that comes with grief and what doesn't help at all. It's totally up to you!

## Common Grief Reactions

You may feel anxiety, fear, anger, numbness, forgetfulness, emptiness, sadness, or even relief. When someone dies, your whole world can radically change. Some teens describe it as a hurricane, taking out everything in its path. You're left to pick up the pieces and figure out what life will be like without that person. Grief can be intense and loud or quiet and barely there. Some people aren't sure what they feel. It's all okay.

## Coping Strategies

We can cope by talking to someone we trust and sharing our feelings. Releasing what we are holding within ourselves is helpful. We can do this by writing, singing, dancing, sewing, painting, planting, running, biking, or swimming.

## Getting More Help

Grief can be really hard - and it can make other things that were already hard seem impossible. Sometimes, grieving teens need more help.

If you are struggling with school, eating, or sleeping, or if you're thinking about hurting yourself or others, talking to a real person can be one of the best ways to get help. You can start with a friend, a family member, a trusted teacher or counselor, or a crisis line such as Youthline, a free and confidential help line service for teens. You can call 24/7 on 0800 37 66 33, text 24/7 to 234, or chat online between 10am - 10pm at **[www.youthline.co.nz](http://www.youthline.co.nz)**



*"A moment lasts for seconds but the memories lasts forever."*

