



Toolkit for Grieving Teens



bridges

resources for end-of-life realities

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When a loved one dies, it can be difficult to work through all of the emotions we experience. Sometimes it may feel like no one understands what you are going through. You may feel all alone. But, you are NOT alone. Grief comes in waves and can seem overwhelming. This toolkit is here to give you tips, recommended books, and journals to help you on your grief journey.

What Do I Do Now?

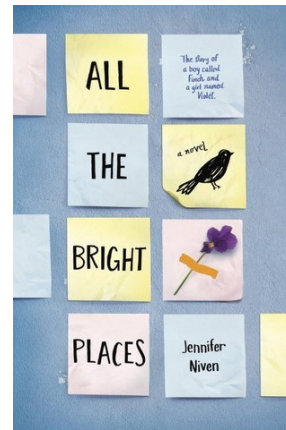
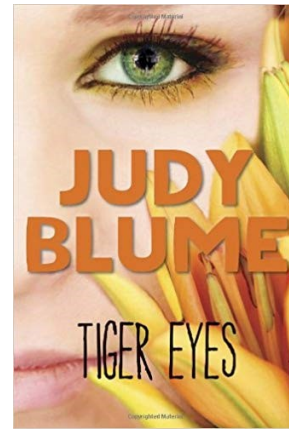
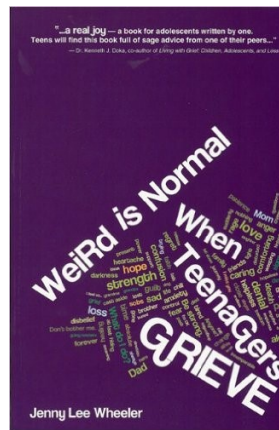
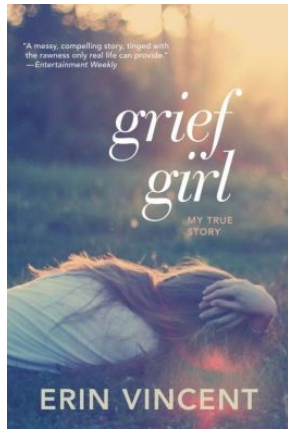
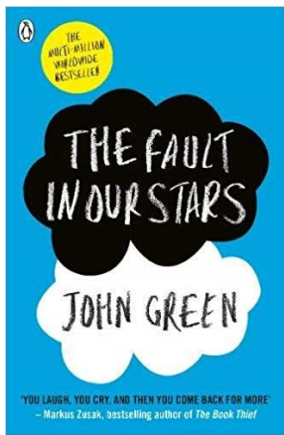
- **Express** your emotions! Holding in your emotions can cause added stress to your mind and body. Be sure to allow yourself to feel and express the emotions you are feeling in a safe and healthy way.
- **Find** healthy outlets to cope with strong emotions! Learn what activities work best for you. Try: meditating, taking breaks, exercising, talking to a friend, painting, journaling, or listening to music.
- **Build** your support system and accept help! You are NOT alone. Reach out to teachers and counselors. Find people that you can talk to and check-in with them often.
- **Know** that grief comes in waves! You are going to have GOOD days and BAD days. That is OK! Keep trying and learning the different ways that can help you cope.
- **Foster** ways to remember your loved one! These rituals can keep your connection with your loved one strong. Try: make a scrapbook, visit your loved one's grave, plant something in his/her honor, do their favorite traditions during holidays.

“MY MOM IS WHO I TALKED TO WHEN I GOT SAD. I AM SAD SHE IS GONE, AND I CAN'T TALK TO HER ABOUT ANY OF THIS.”

“It's been almost a year since my dad died. People act like it shouldn't be a big deal anymore, but i still cry so much. I miss him.”

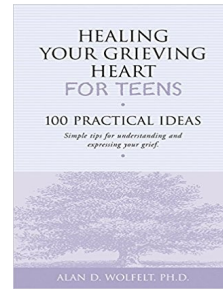
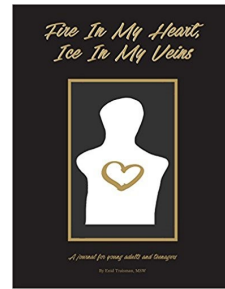
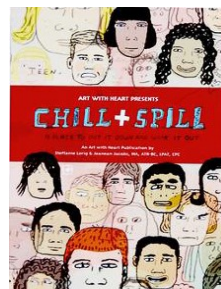
PEOPLE ARE SCARED TO TALK TO ME BECAUSE THEY ARE WORRIED THEY MAY SAY SOMETHING WRONG. I JUST WANT MY FRIENDS BACK IN MY LIFE AND FOR EVERYTHING TO BE NORMAL.

Books to Check Out



Journals that can Help

- "Chill & Spill" by Art with Heart
- "Fire in my Heart, Ice in my Veins" by Enid Traisman
- "Healing your Grieving Heart: 100 Practical Ideas" by Alan D. Wolfelt



To recommend additional resources to this toolkit, please contact:
Programs@BridgesSC.org.

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