



GRIEF AND LOSS

WHAT IS GRIEF?



We experience grief when we lose someone or something important to us, such as when a family member passes away, when a pet passes away, when our parents divorce, when we lose an important friendship, or when we move to a new place.

We may feel strong emotions like sadness and loneliness, and we may need some time to adapt to the loss.



COPING WITH GRIEF AND LOSS

It can be hard to cope with all the emotions that grief can bring. Here are some ways to help yourself with the loss:

1 Remind yourself that **it is okay to feel sad, angry, upset and hurt**. You may feel like this for a while, and these feelings may come and go. Assure yourself that these feelings will pass.



2 **Allow yourself to cry**. Crying is a natural response and can help you to release your emotions. You can find a quiet place at home or in your school if you do not want anyone to see you crying.



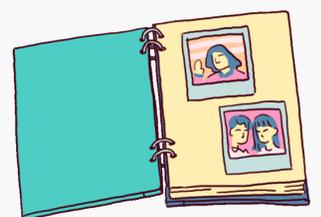
3 **Talk to someone you trust** about how you are feeling and what you are going through. This person can be your parents, siblings, friends, teachers, school counsellor, or Tinkle Friend.



4 Sometimes you may feel that you are not ready to share your thoughts and feelings and that is fine too. You can try **expressing yourself through other ways** such as drawing, reading, or writing a letter about how you feel.



5 When someone dear to us has passed away, it does not mean that we will forget them. We still have **important and fond memories** of our times spent with them. You can look through photographs of them, talk to someone about them, or write down in your diary the beautiful memories you had with them.



6 If you find yourself unable to sleep, eat or concentrate in school as you are feeling too sad, please **speak to a trusted adult and ask for help**.

