

## ADOLESCENT GRIEF: WHAT'S GOING ON INSIDE?

Teens have told us about...

Their feelings:	Their thoughts and questions:	Their behaviors:	Their Physical Signs:
<ul style="list-style-type: none"> <li>▪ Confused</li> <li>▪ Lost</li> <li>▪ Alone</li> <li>▪ Sad</li> <li>▪ Shock</li> <li>▪ Anger</li> <li>▪ Depressed</li> <li>▪ Guilty</li> <li>▪ Shy</li> <li>▪ Empty</li> <li>▪ Robbed</li> <li>▪ Jealous</li> <li>▪ Unmotivated</li> <li>▪ Rage</li> <li>▪ Denial</li> <li>▪ Blamed</li> <li>▪ Numb</li> <li>▪ Regretful</li> <li>▪ Anxious</li> <li>▪ Disbelief</li> <li>▪ Relief</li> </ul>	<ul style="list-style-type: none"> <li>▪ Why me?</li> <li>▪ Why now?</li> <li>▪ Why him/her?</li> <li>▪ Who's responsible?</li> <li>▪ Who can I trust?</li> <li>▪ Who's next?</li> <li>▪ What now?</li> <li>▪ What's next?</li> <li>▪ What am I going to do?</li> <li>▪ What did I do to deserve this?</li> <li>▪ How can I go on?</li> <li>▪ How could this happen?</li> <li>▪ I blame God</li> <li>▪ I'm going crazy</li> <li>▪ I didn't get to say goodbye</li> <li>▪ I want to die</li> <li>▪ There is no one to talk to</li> </ul>	<ul style="list-style-type: none"> <li>▪ Can't sleep</li> <li>▪ Sleep too much</li> <li>▪ Acting silly</li> <li>▪ Running away</li> <li>▪ Staying busy</li> <li>▪ Mad at everything</li> <li>▪ Defensiveness</li> <li>▪ Short temper</li> <li>▪ Mood swings</li> <li>▪ Overly helpful/nice</li> <li>▪ Drinking/drugs</li> <li>▪ Gang involvement</li> <li>▪ Fighting</li> <li>▪ Driving carelessly</li> <li>▪ Doing "dumb stuff"</li> <li>▪ Crying</li> <li>▪ Cussing</li> <li>▪ Acting selfish</li> <li>▪ Withdrawal</li> <li>▪ Pushing people away</li> <li>▪ Listening to heavy music</li> <li>▪ Acting mean</li> <li>▪ Yelling</li> <li>▪ Grades slipping</li> <li>▪ Worry</li> <li>▪ Not caring about anything</li> <li>▪ Perfectionism</li> </ul>	<ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Shaking</li> <li>▪ Appetite changes</li> <li>▪ Sleep pattern changes</li> <li>▪ Increased sickness</li> <li>▪ Nightmares</li> <li>▪ Weight loss</li> <li>▪ Weight gain</li> <li>▪ Headaches</li> <li>▪ Dizziness</li> <li>▪ Inability to relax</li> <li>▪ Irritability</li> <li>▪ Increased energy</li> <li>▪ Decreased energy</li> <li>▪ Panic attacks</li> </ul>

### Some Ways to Help...

- Listen
- Don't judge
- Honor all their feelings and emotions
- Remember that grief is uniquely experienced
- Recognize and help to make them aware of their existing strengths and coping skills
- Don't try to make it okay, but give hope that things will eventually be better
- Be honest with them...don't hide information
- Provide a safe place for them to express themselves
- Don't rush them...grief can be a long journey
- If desired, involve them in planning (memorials, funeral, etc)
- Encourage expression of feelings through writing, art, music, etc
- Encourage realistic memories
- Encourage positive rituals of remembrance
- Monitor behaviors and physical signs...find additional resources if there is a need