



TIPS FOR PROCESSING GRIEF

Grief is a journey. These steps can help you move through it with care and hope

ACKNOWLEDGE YOUR FEELINGS

It's okay to feel sad, angry, numb, or confused. Confronting your emotions is the first step to healing.



TALK IT OUT



Share your thoughts with a friend, family member, or trusted adult. This will help you feel supported.

HONOR MEMORIES

Write a letter, draw, or make a playlist. Honoring your loved one helps you stay connected while moving forward.



TAKE CARE OF YOURSELF

Grief is exhausting. Sleep, eat well, and move your body. Your physical health supports your emotional recovery.



REACH OUT FOR SUPPORT

Counselors, support groups, or trusted adults can guide you when grief feels too heavy. Seek help especially if you're thinking about hurting yourself or someone else.



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FIND MEANING IN THE RELATIONSHIP

Spend some time reflecting on the positives of the lost relationship – what did they mean to you? What did you learn from them? Are there things you appreciate more now?



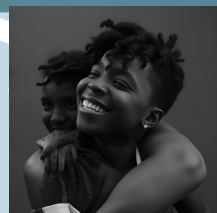
BE GENTLE WITH YOURSELF

Be
GENTLE
— with —
YOURSELF

Everyone grieves differently and on their own timeline. Try not to compare your healing to others' journeys or have expectations about when you'll be "over it."

FIND LITTLE MOMENTS OF HAPPINESS

It can be confusing to experience joy after a big loss – it might even feel wrong, like you shouldn't be okay. But happiness fuels hope and can help you start to move forward even though life looks different.



It can be hard to recognize the difference between grief and some mental health conditions, like depression or PTSD.



MHA
Mental Health America



If a few months have gone by and you still feel how you did at the beginning of your grieving process, or like your grief is making it hard to keep up with school, friends, and hobbies, take a mental health screen at mhascreening.org.

IN CRISIS?

If you or someone you know is struggling or in crisis, help is available. Call 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.

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