North Iowa Hospice - Youth Grief Worksheet #1

Grief is painful and something you are not prepared for. You may find yourself stuck in the feelings of grief and may not know what to do with these feelings. There are many ways you can process your grief to help you heal. What are some of the ways you help yourself heal with your grief?

There are so many feelings and thoughts that we go through when grieving, and it is very important to work through these feelings. We call that “coping.” Some good activities to help us cope are:

- Talk to someone you trust about your feelings and thoughts.
- Participate in a physical activity (bike riding, dancing, running, favorite sport, etc.).
- Draw.
- Listen to music.
- Write your feelings and thoughts down in a personal “journal”.

There are unexpected times when the feelings of grief “hit” us. You may have a different way of “coping” that works for you, just as long as you process your feelings in healthy, positive ways to get through your grief. You need to remember that “healthy” ways of coping are necessary. You may feel like you are doing okay by not talking about your feelings or by practicing negative behaviors. However, this is only hurting yourself from working through your pain from the grief.

Check out the grief support websites below (with your parent’s and/or guardian’s permission):

- hellogrief.org
- amandathepanda.org
- dougy.org

REMEMBER you are not alone. Please contact MercyOne North Iowa Hospice to talk with one of our bereavement coordinators to help you cope with your grief.