Hey, do you feel like:

- You can't think straight.
- What your friends are talking about doesn't seem important anymore.
- You can't concentrate.
- One minute you're laughing and the next minute you want to cry.
- You get mad more easily.
- Your feelings get hurt more easily.

Someone you care about has died and life feels different. For you, it stirs up many different feelings such as sadness, shock, confusion, anger and guilt. The GOOD news is that you are normal. YOU ARE GRIEVING.

Slowly, your mind will start to work again and your heart will start to feel better. The healing process has begun. There will be some tough days ahead, BUT eventually it will get better!

In the meantime, it is helpful to:

- Recognize that your feelings are normal and not bad. They don't always make sense.
- Reach out to a trusted friend, family member or counselor to share your feelings.
- Be patient with yourself and others during this time.
- You and your parent/guardian can check out these websites:
  - hellogrief.org
  - amandathepanda.org
  - dougy.org
  - griefnet.org

When you are sad, it's OK to cry. It's one of the ways to get hurt feelings out. Sometimes we think crying makes us a baby, especially guys. Even strong men and women sometimes cry. Crying is a natural thing to do when we have loved someone and they have died. Keeping sadness inside can make us more irritable and feel like we could explode. To help express your feelings, try completing the sentences below by yourself or with someone who supports you.

- When or where would you feel safe crying? ______________________________________
  __________________________________________________________________________

- How do you feel after you have had a good cry? ________________________________
  __________________________________________________________________________

Please call us at North Iowa Hospice for more information or to talk to one of the bereavement coordinators.