



# GRIEF

## A GUIDE FOR PARENTS



### WHAT IS GRIEF?

If you are on this page, it is likely because your player has encountered a loss, which means you may also be grieving. We extend our deepest sympathies and hope the information and resources below assist you and your player through the grieving process.

Grief can be described as the feelings associated with a loss, usually the death of a loved one. However, grief can extend to loss of a home, pet, or anticipated event.

### GRIEF SYMPTOMS

Grief symptoms have physical, cognitive, and behavioral/social components.

### EMOTIONS

Emotions associated with grief: anger, anxiety, sadness, guilt and relief.

### TYPES OF SYMPTOMS

#### COGNITIVE

Overthinking, brain fog, disbelief, dissociation, poor memory, or disorganized thoughts.

#### PHYSICAL

Exhaustion, feeling tired or sick, headaches, increased inflammation, dry mouth, and pain. Some people experience lack of sleep or a lack of or increase in appetite. People who are grieving can experience pain because when we are grieving our bodies produce extra amounts of stress hormones that shock muscles and joints. Increased inflammation worsens pain associated with inflammatory diseases.

#### BEHAVIORAL/SOCIAL

Social withdrawal, crying, avoidance of reminders of the deceased, becoming dependent on others.

## WHAT TO KNOW

- Know your player is going to deal with the loss in their own way and on their own time
- They may be concerned for you
- Their moods will change; grief comes and goes and can be confusing
- Individual and group therapy can benefit your player; just be sure to have your child engage when they are ready
- Your teen just wants to feel “normal”
- They see their friends as their strongest support
- Teens like to do something – have them plant a tree, make t-shirts, etc.

## HOW TO HELP

- Let your player express themselves however they need to
- Continue routines as much as possible
- Have conversations about the deceased and what led to their death; the more questions you can answer the less the child’s mind draws conclusions
- Walk through the events of a funeral if your player is attending; knowing what to expect can lessen anxiety
- Let yourself grieve; remember, you are the role model to whom your player is looking at for guidance

## WHEN YOU SHOULD GET HELP?

- If your teen is experiencing suicidal thoughts
- If your child is neglecting personal hygiene
- If you notice sustained changes in appetite, sleeping, or differences in mood
- If you are concerned, reach out

## REMEMBER:

There are resources available, talking to someone can help.

**If you have concerns regarding your own safety, call 911 or 988**

**Spanish language hotline:  
1-888-628-9454**

## RESOURCES

### [DOUGY CENTER](#)

Videos, podcasts, and more for people ages 13–18 who are coping before and after a death, as well as tips and information for supporters of teens who are grieving.

### [COMPASSION BOOKS](#)

### [TEEN GRIEF SUCKS](#)

Good Grief, focuses on providing families, professionals, and communities with a multitude of grief resources, including educational videos, quick tips, etc.

### [ETERNEVA](#)

This information should not be used for diagnosing or treating a health problem or disease; anyone seeking personal medical advice should consult with a licensed professional



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Content developed and reviewed by Lisa Corbin, PhD, LPC, NCC and Jessica Glass Kendorski, PhD, NCSP, BCBA-D, faculty at the School of Professional and Applied Psychology at Philadelphia College of Osteopathic Medicine (PCOM).

