



GRIEF

A GUIDE FOR PLAYERS



YOU ARE NOT ALONE IN YOUR FEELINGS

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

By the end of high school, 5 percent of today's students will have lost one of their parents, and 20 percent will have experienced the death of someone close by age 18.

GRIEF SYMPTOMS

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

EMOTIONS

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

ARE MY FEELINGS NORMAL?

HERE ARE SOME COMMON WAYS A TEEN FEELS AFTER A DEATH

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.

Cognitive – overthinking, brain fog, disbelief, dissociation, poor memory, or disorganized thoughts.

Behavioral/social – social withdrawal, crying, avoidance of reminders of the deceased, becoming dependent on others.

WHAT TO KNOW

- There's no right or wrong way to deal with a loss: Everybody experiences grief in their own way; embrace yours
- It's okay to not be okay
- It's okay to be okay - keep up with your routines; it's okay to smile
- Grief comes and goes; it will be in the background one day and hit you the next

COPING

- Express yourself: Journal, talk to someone, make art, write a letter, play music
- Notice your thoughts; combat them
- Seek support. Grief can be lonely, especially if you do not have peers who have experienced loss. Talk to a friend, family member, or trusted adult. Also, there are many online resources and groups that may help you. **CORNER STONE OF HOPE**

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

Use the filters on this page to find articles, podcast episodes, and activities just for you.

TEEN GRIEF SUCKS

A teen-run website that's opening up conversations about grief. Read candid stories written by teens and share your own.

THE DINNER PARTY

Young adults in nearly 100 cities & towns around the world are meeting up for dinner! Find com unity of other emerging adults who have experienced a past loss and meet up for pot-lucks anti great conversations.

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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