



## Feelings you may experience

Feeling	How it might look/feel	Things to do
Shock or Dreamlike	Cry for no reason Body aches/pains	<ol style="list-style-type: none"> <li>1. Talk to someone you trust (friend, family, teacher)</li> <li>2. Rest</li> <li>3. Give yourself a break</li> </ol>
Confused or Uncertain	Trouble focusing on homework Restless Emotional ups and downs	<ol style="list-style-type: none"> <li>1. Take a break from homework</li> <li>2. Exercise</li> <li>3. Talk to someone you trust</li> </ol>
Anxious or Scared	Heart starts beating fast Desire to run and hide Feel out of control	<ol style="list-style-type: none"> <li>1. Spend time with family and friends</li> <li>2. Exercise or meditate</li> <li>3. Tell your those close to you how you feel</li> </ol>
Angry or Mad	Want to scream and cry Desire to yell at friends/family Feeling abandoned or alone	<ol style="list-style-type: none"> <li>1. Spend time with family and friends</li> <li>2. Go for a walk/run</li> <li>3. Write in a diary or journal</li> </ol>
Guilt or Regret	Thinking “what if. . . “ Or “If I had only . . .” Feeling sick	<ol style="list-style-type: none"> <li>1. Do not blame yourself</li> <li>2. Talk to someone you trust</li> <li>3. Think about what the person who died would say</li> </ol>
Sad or Alone	Want to cry all the time Do not want to say goodbye Lonely	<ol style="list-style-type: none"> <li>1. Make something to remember your loved one. Like ... Photo album, Story, or Drawing.</li> <li>2. Spend time with friends or family</li> </ol>
Ready to Return to Your Routine	Still a little sad, but it feel better. Want to return to school And spend time with friends	<ol style="list-style-type: none"> <li>1. Go to school and after school activities</li> <li>2. Find ways to remember the person who died</li> <li>3. Allow yourself to smile when thinking of the person who died</li> </ol>

Remember, these are only examples of possible grief responses; every person grieves in their own way.  
It is okay to feel sad sometimes and not so sad other times.

Grief is one of the most natural, yet painful, experiences in human life. Please ask for help if you are struggling with your grief.  
If these symptoms become too strong or begin to disrupt your daily life, please speak to an adult about seeking professional help.



# How you might feel

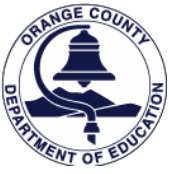
OCDE Crisis Response Network

## GRIEF RESPONSES

Remember it is okay to feel sad sometimes and not so sad other times.  
It is good to tell adults that care about you how you are feeling.

I feel ...	Sometimes I ...	Things to do
<b>Strange or Dreamlike</b>	Cry for no reason, and my body does not feel good	<ol style="list-style-type: none"> <li>1. Talk to an adult you trust</li> <li>2. Rest</li> </ol>
<b>Unsure or Confused</b>	Have trouble doing homework, sitting still, and falling asleep	<ol style="list-style-type: none"> <li>1. Take a break from homework</li> <li>2. Go outside and play</li> <li>3. Talk to an adult you trust</li> </ol>
<b>Nervous or Scared</b>	Feel like there are butterflies in my stomach, and I want to hide	<ol style="list-style-type: none"> <li>1. Spend time with family and friends</li> <li>2. Go outside and play</li> <li>3. Tell your family how you feel</li> </ol>
<b>Mad or Angry</b>	Want to cry and yell at my friends or my family, or throw my toys	<ol style="list-style-type: none"> <li>1. Draw or color</li> <li>2. Go outside and play</li> <li>3. Write in a diary or journal</li> </ol>
<b>Guilty or Responsible</b>	Think this is my fault, and wish I had been better	<ol style="list-style-type: none"> <li>1. Do not blame yourself</li> <li>2. Talk to someone you trust</li> </ol>
<b>Sad or Alone</b>	Want to cry all the time, want someone to help me feel better.	<ol style="list-style-type: none"> <li>1. Make something to remember your loved one. Like ...               <ol style="list-style-type: none"> <li>a. Photo album</li> <li>b. Story</li> <li>c. Drawing</li> </ol> </li> </ol>
<b>Normal or Better</b>	Am still a little sad, but it is better. I can go to school, and have fun with my friends.	<ol style="list-style-type: none"> <li>1. Go to school</li> <li>2. Go to after school activities</li> </ol>

Adults: If you are concerned about the way your child is feeling or acting – Please seek professional help.  
Grief is one of the most difficult experiences in life, sometimes people need help to get through it.



# OCDE CRISIS RESPONSE NETWORK

## THINGS TO TRY

GRADES: 7-12

- Go for a walk/run/hike
- Talk about your feelings to someone you trust
- Schedule time to relax
- Do not self-medicate, if you need help ask for it
- Spend time outside
- Volunteer to help someone else
- Spend time with friends or family
- Ask your loved ones how they are doing
- Eat regular meals, even if you don't feel like it
- Hug someone you care about
- Get a good night's sleep
- Read a good book
- Start a project
- Plant some flowers
- Keep busy
- Meditate
- Don't be afraid to ask for help, you have been through a lot, there are people who can help you

### Tips for Family and Friends

- Listen carefully
- Spend time with the affected person
- Offer to help or talk, even if they do not ask
- Do not take offense to anger or outbursts
- Comfort him/her
- Help him/her with chores or homework
- Give him/her private time when they ask, but let him/her know you are there when they are ready.
- Do not tell him/her that they are "lucky it wasn't worse." Instead say that you are sorry they have to go through this.

### My Plan for Today:

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