

TIPS FOR PROCESSING GRIEF

EXPRESS YOUR FEELINGS

As much as you might wish it would, keeping the pain inside of you doesn't make it go away. Talk to someone you trust, write, draw, look at photo albums, or tell stories about your loved one.

FIND MEANING IN THE RELATIONSHIP

Losing someone you love can be so painful that you question if it's worth it to get that close to someone ever again. Spend some time reflecting on the positives of the lost relationship – what did they mean to you? What did you learn from them? Are there things you appreciate more now?

MOVE YOUR BODY

Playing a sport, taking a walk, stretching, or even just dancing around your room to your favorite songs can help release some stress and sadness.

BE GENTLE WITH YOURSELF

Everyone grieves differently and on their own timeline. Try not to compare your healing to others' journeys or have expectations about when you'll be "over it."

FIND LITTLE MOMENTS OF HAPPINESS

It can be confusing to experience joy after a big loss – it might even feel wrong, like you *shouldn't* be okay. But happiness fuels hope and can help you start to move forward even though life looks different.

DON'T BE AFRAID TO ASK FOR HELP

Many people find therapy or support groups helpful in dealing with loss, no matter where they are in the grieving process. It's especially important to seek help if you're thinking about hurting yourself or someone else.

It can be hard to recognize the difference between grief and some mental health conditions, like depression or PTSD.

If a few months have gone by and you still feel how you did at the beginning of your grieving process, or like your grief is making it hard to keep up with school, friends, and hobbies, take a mental health screen at mhascreening.org.

IN CRISIS?

If you or someone you know is struggling or in crisis, help is available. Call 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.