

★
Getting
through
★ grief



Grief support
for children and
young people
in Oxfordshire

Grief is normal. It is all the thoughts, feelings and behaviours you experience when someone you care about dies. Everyone grieves in their own way. How you grieve will be affected by many things, including the person that you are and the relationship you had with the person who died. There is no timetable for grief but, however much it hurts, you will eventually feel better.

grief 

Understanding

Experiencing

Everyone's experience of grief will be different.

You may have lots of feelings – like feeling sad, angry, confused, guilty or worried – or you may feel nothing at all. You may have difficulty sleeping, eating or concentrating. Different feelings will come and go. Sometimes 'grief-bursts' of strong feelings can come from nowhere. Whatever you feel, or don't feel, is OK. Remember that other people in your family will be grieving differently to you.

grief



Helping yourself



Get creative

Write about or draw your thoughts, feelings and memories.

Distract yourself

Do things you enjoy, like seeing friends, watching TV, listening to music or playing computer games.

Talking is really important

Let your family, friends and teachers know how you feel. Try to be open and honest about what you need, what helps and what doesn't help. Find a trusted person who you can talk to.

Look after yourself

Grief is exhausting so remember to look after yourself. Eat and sleep well and learn ways to relax. Give yourself a break from your grief from time to time and don't feel guilty if you are having a 'good day'. Make plans and set goals.

Remember the person who died

Remembering can be painful at first but good memories will soften the pain and help keep the person alive inside you. Talk about or write a letter to the person who died, do something you liked doing together or make a memory box.



★ Getting support

You may find yourself doing unhelpful things to numb the pain of grief such as using alcohol or drugs, expressing anger in ways that might hurt yourself or others, withdrawing from people or over-using technology. Everyone needs to distract themselves from grief at times but if you are doing these things too often it may be a sign that you could use some extra support.

Learning more

Learn about grief and that it's normal.

Ask for help from others if you need it. It could be someone in your family or a trusted friend, your doctor or someone at school.

Useful websites

childbereavementuk.org

hopeagain.org.uk

winstonswish.org.uk

seesaw.org.uk

bigwhitewall.com



Download the *Grief:*

Support for Young People
app by Child Bereavement
UK from the App Store or
get it on Google Play.



Grief support
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SeeSaw

Bush House
2 Merewood Avenue
Oxford OX3 8EF

Enquiries and advice line:

01865 744 768

Email: info@seesaw.org.uk

www.seesaw.org.uk



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