

Where do you hurt? EVERYWHERE.

Someone special has died and now you are experiencing crushing pain at your loss.

Grief work is emotional, physical and spiritual. Grief is NOT a disorder, a disease, or a sign of weakness. The only way through the nightmare inside is to grieve.



There is no “right” way to grieve. There is only YOUR WAY to grieve.

Beware of people who tell you to be strong, brave or silent.

BE YOURSELF

Respect your own thoughts and feelings.

They may be painful and scary, but all thoughts and feelings are OKAY.

*There is no time limit on grief.
Grief is not a race to be won with
an award given out to the first person
over the finish line.*

Grief is...

So high you can't get over it.

So low you can't get under it.

So wide you can't get around it.

*You must go through the door of grief
to get to the other side.*



Nanaimo
Community
Hospice
Society

“A United Way Agency”

**GRIEF SUPPORT SERVICES
FOR TEENS**

1729 Boundary Avenue

Nanaimo, B.C. V9S 4P3

Telephone: (250) 758-8857

info@nanaimohospice.com

Grief support services offer safe,
non-judgmental, compassionate
support.

*This publication reflects a partnership
between Nanaimo Community Hospice
Society and Nanaimo RCMP Victim Services*

**GRIEF
SUPPORT
FOR
TEENS**



**Because You Count
And Your Feelings
Matter**

*There is no crisis more stressful than
the death of someone special*

You have many pressures in your life. Now someone special has died and the stress can be overwhelming.

You are suffering, but you may not receive the support you need from adults and friends. People may pull away. They could be uncomfortable with their own feelings and not know what to do or say.

It is important you are not left alone to deal with your pain. Ask people *"Are you able to support me while I grieve?"*

The people who can help me with my grief are:

Friends:

Family:

Relatives:

Teachers:

Counsellors:

Spiritual Leaders:

Neighbours:

Grief Support Services: 250-758-8857

Avoiding pain is not an option. The question is how you will manage your pain. Seeking support is a sign of courage and it means you place value on yourself.

"You Are Not Going Crazy"

You may feel like you are losing control. It is normal to feel a roller coaster of feelings inside. You may find it difficult to concentrate on simple things. You may have trouble eating or sleeping. You may get dizzy and have trouble breathing. You may have headaches, nausea or panic attacks.

What you are experiencing is normal

Hopelessness Depression
Loneliness
fear Shock Anger
Panic
Helplessness Frustration
Confusion Numbness
Exhaustion **Jealousy**
Sadness Guilt
Relief Anxiety
Detachment

Your strange thoughts, feelings and behaviors are temporary. If you journey through the grief process in a healthy way, these thoughts, feelings and behaviors will fade.

MY GRIEVING RIGHTS

I have the right to my own unique feelings about the death of my special person.

I have the right to feel all of my emotions and express my grief feelings in my own way.

I have the right to need other people to help me with my grief.

I have the right to get upset about some of life's routine problems.

I have the right to have "griefbursts".

I have the right to embrace my spirituality to help me while I grieve.

I have the right to try and find the meaning in the death of my special person.

I have the right to treasure, think about, and talk about my memories of the special person who died.

I have the right to feel my grief and over time, move through my grief.

I have the right to acknowledge my physical and emotional limits.

I have the right to make use of ritual.