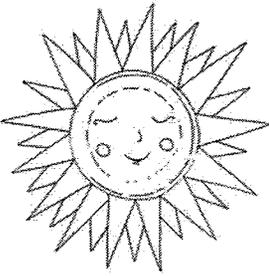


# TIME



is a physician that  
heals every grief.

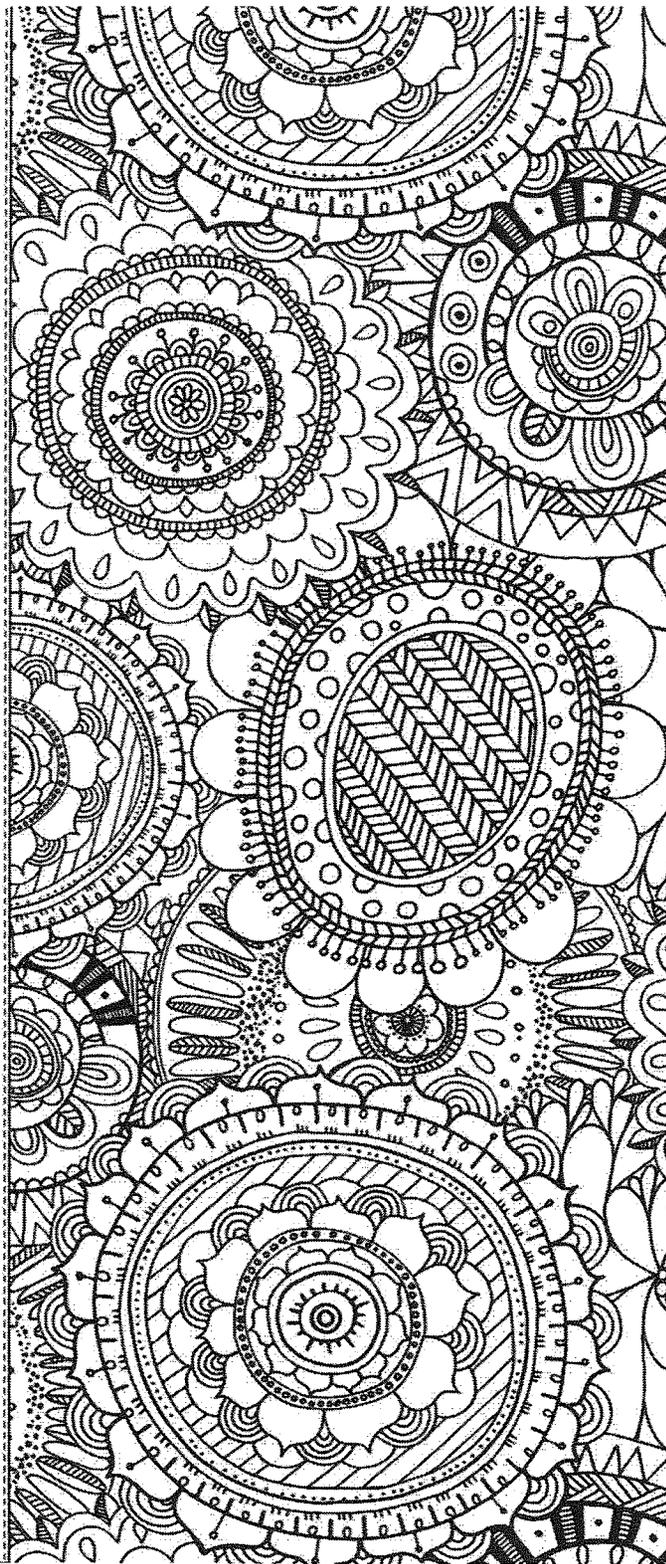
~Diphilus

No one ever really dies as long as they  
took the time to leave us with fond

# MEMORIES

~Chris Sorensen

If I had a magic wand and  
could make my grief go  
away, I would spend the  
day doing this:



# GRIEF AND LOSS



*I am brave  
enough to face  
my feelings.*

# LET GO OF GUILT

Sometimes I feel guilty that I am still here and they are not. This is a normal feeling. When I start to feel guilty, I will forgive myself and remember that I cannot control what happened.

# HELPING OTHERS HELPS ME

Everyone has talents to share with the world. One kind thing I can do to make life better for others:

# FRIENDS

My friends do not always know what to say to me. Sometimes they ignore me. Sometimes they say the wrong things. I understand that they don't always know how to help me. I can tell them how to help me. One thing I could tell them that I need is:

# LET ANGER COME AND GO

I can allow myself to feel anger, but I can let it go instead of holding it in. When I feel too much anger building up, I can get relief by doing something physical. My favorite exercise or sport is:

# IT'S OKAY TO FEEL SAD.

Feeling sad is normal. I know that I should not hold my sadness inside. I will cry when I get that feeling. After I get that out, I will look for ways to cheer myself up. The best way to cheer me up is to:

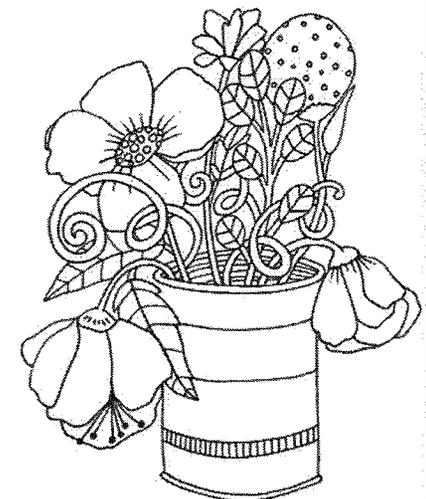
# LAUGHTER HEALS.

Think of a fun time you had with your loved one. What was that day like?

# REMINDERS:

- Nothing you can do will change this.
- Allow all of your emotions to happen and expect some big feelings.
- It's okay to be happy and enjoy life again.
- Talk to others who have been through it.
- Make a memory box with items that remind you of your loved one.
- Ask others to share their memories that you may not have known about your loved one.
- Grief comes and goes.
- Write your feelings in a journal and put those feelings aside with the journal from time to time.
- Allow yourself to stop thinking about it during specific times of the day.

Trusted adults that I can talk to when I need more help:



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