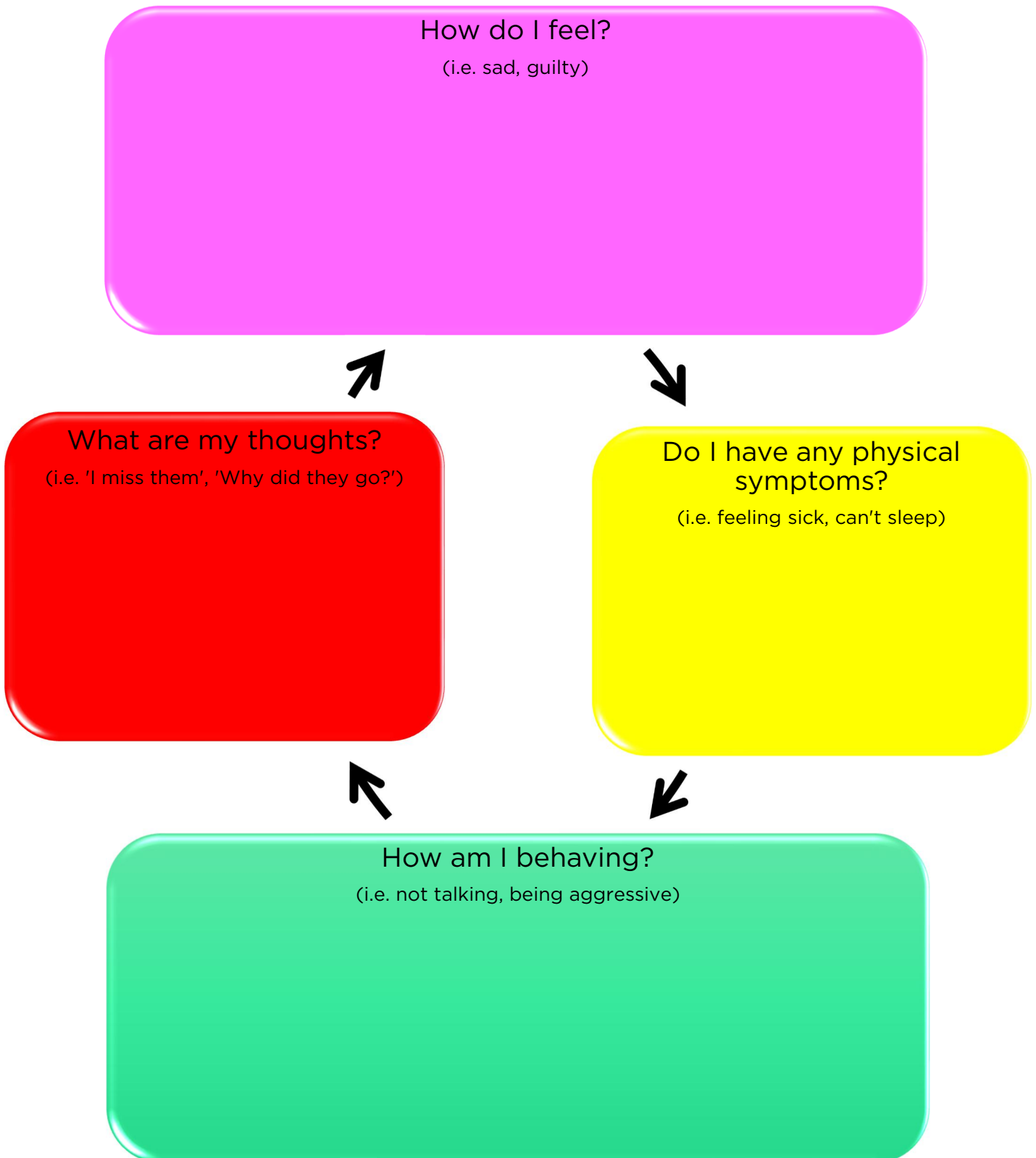


We can grieve for many reasons. Most obvious is grieving for someone who may have died, or no longer see; but we can grieve over other things too. We may grieve over leaving school, of changing circumstances in our lives, or from no longer being able to do things that we used to. Understanding how you think, feel and behave can help you understand what it happening, and find ways to cope when things are tough.



Jesus wept.

The Bible - John chapter 11 verse 35
(New International version)

Each person grieves in different ways, and as a result can find different things useful. Talking with someone may be helpful, especially if you can trust them and be open. Getting stuck into an activity, for example exercise, can be a distraction.

Are there any things that you already do that help you when you are finding things tough?

Why not try the following ideas and see if they help you?

Memory Book

(you can also make a Memory Box if you prefer)

Find a scrapbook to fill with memories. You can put in photographs, pieces of material, tickets from

places you have been, favourite items of your loved one like books or films.

Jot down memories about things you have done together in the book.

Write a letter to help you express how you feel.

Dear

I am saying goodbye because

This makes me feel

When I think about this, it reminds me of you.

When I feel sad and remember you, these are the things that help me.

I will always remember