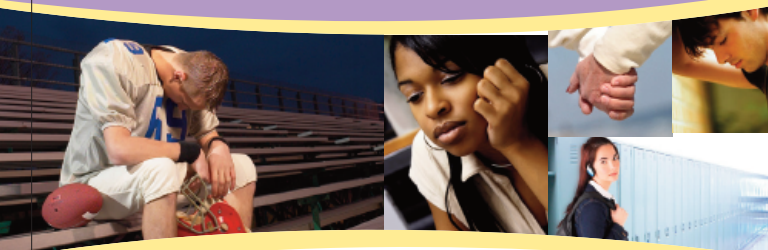




Ask to Come Home. Ask for Caldwell Hospice.



Teens Grieve, Too

Everyone, including teens, experiences loss when someone meaningful dies, and everyone needs to grieve that loss. Grief is a natural reaction to loss and a journey you must complete to discover healing. As you work through your grief, remember that your journey will be unique. You will grieve in your own special way and time.

Ashewood Grief and Counseling Services is available to teens, their families, and to anyone in the community who experiences the loss of a loved one. Trained staff members assess each individual's needs and together they develop a plan of support.

Healthy Activities for Grieving Teens

- Make a photo collage of the person who died
- Plant a tree or create a memorial garden
- Utilize your faith community
- Volunteer your time at a community agency

The Role of the Adult

- Listen, listen, listen to what they say or don't say
- Ask teens what they need
- Provide information on grief and loss
- Encourage teens to share their memories, thoughts, and feelings
- Confirm that it is normal to experience mixed emotions
- Reassure teens that the hurt they feel now won't last forever

Warning Signs/Complicating Factors

- Symptoms of depression, restlessness, and decrease in self-esteem
- Academic failure or little interest in school-related activities
- Deterioration of relationships with family and friends
- Risk-taking behaviors, such as drug and alcohol abuse, fighting, and sexual experimentation
- Denial of distress, while acting overly strong or mature
- Other recent losses

Common Reactions to Loss

- Crying at unexpected times
- Disbelief that the loss actually occurred, numbness
- Loneliness, as if there's a hole in your heart
- Feeling as if you are losing your mind
- A need to talk about the deceased
- Restlessness and need for activity
- Difficulty concentrating, forgetfulness
- Lack of interest in activities
- Sensing the loved one's presence
- Guilt or anger over what happened or didn't happen in the relationship with the deceased
- Feeling abandoned by the loved one
- Changes in appetite, mood, or sleep patterns
- Fatigue or lack of energy
- Loss of meaning in life
- Difficulty returning to church or other place of worship
- Feeling abandoned or punished by God
- Headaches, body aches, and pain

I've had people say that you've got to go on; you've got to get over this. I just want to shout, "You're wrong! Grief never ends." I don't care what they say.

— Philip, 13

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