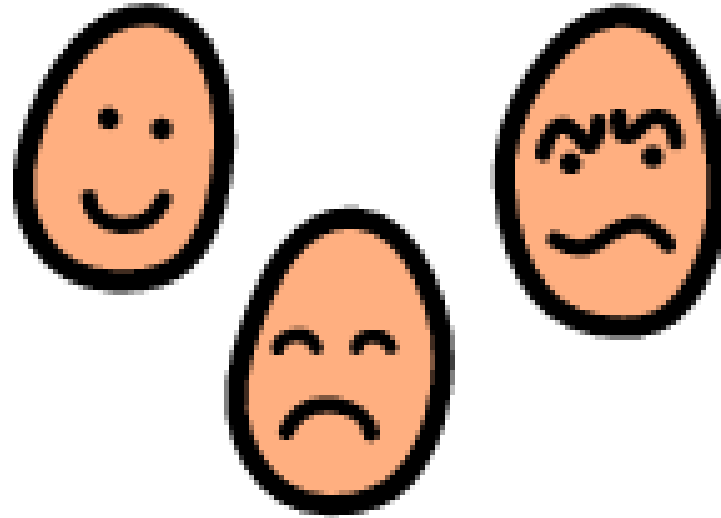
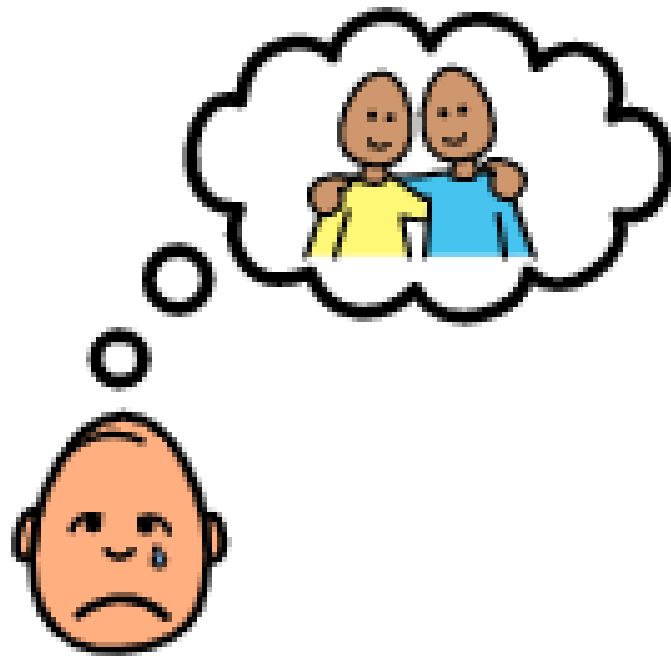


# Coping with Grief

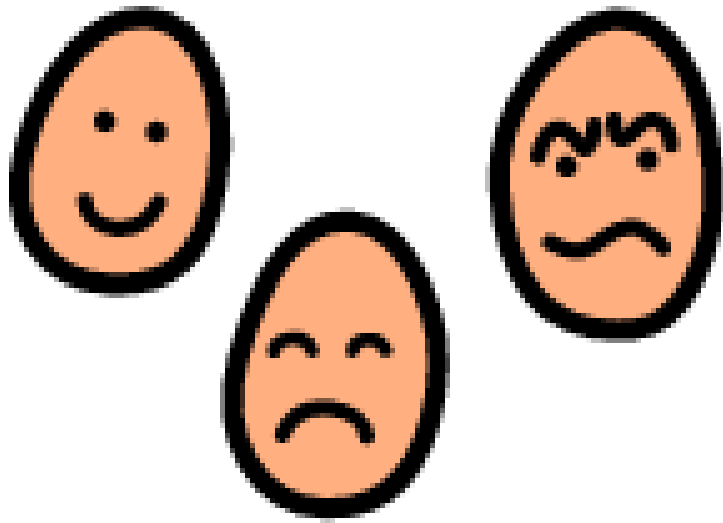
When someone I care about dies,  
I might have strong feelings.



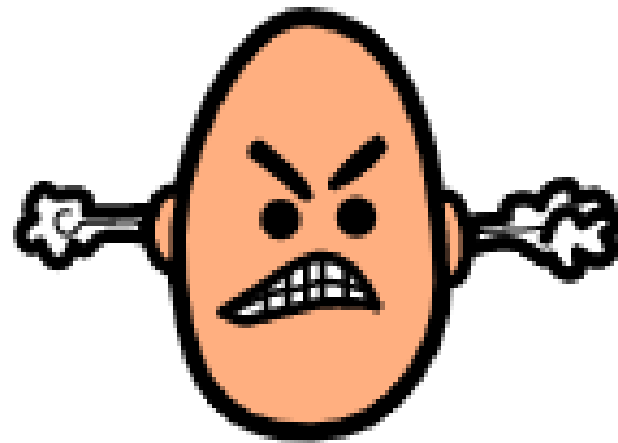
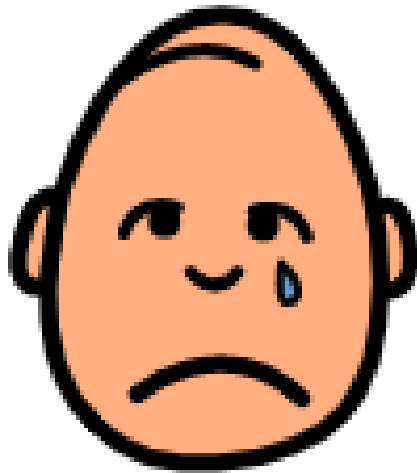
Grieving means having strong feelings about the death of someone I care about.



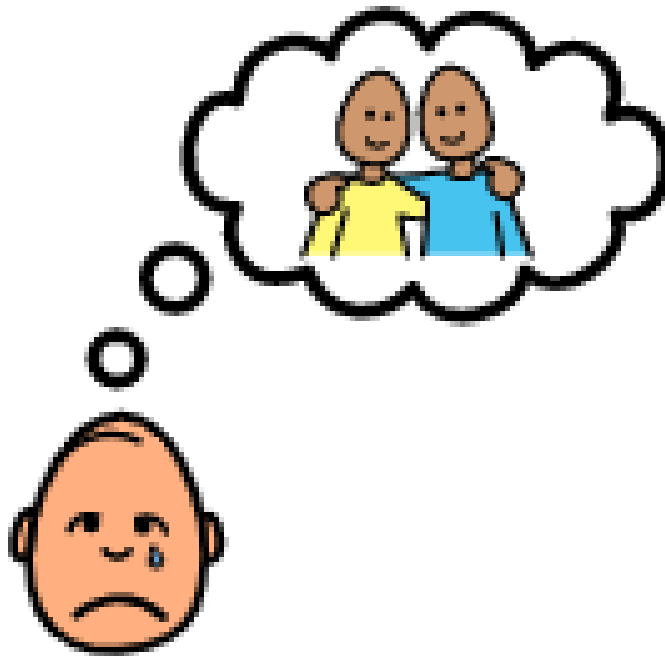
All feelings are okay. Having strong feelings is a normal part of grieving.



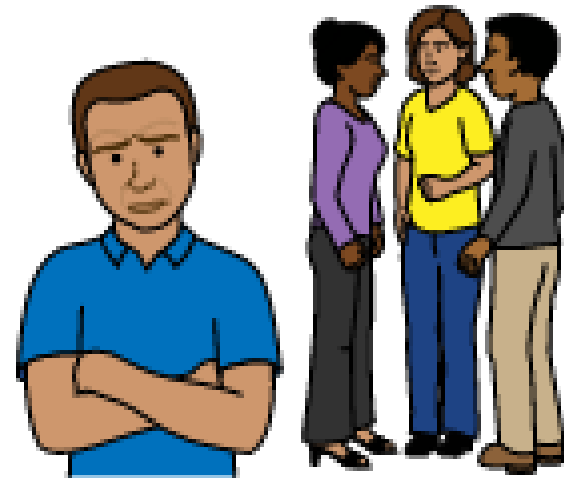
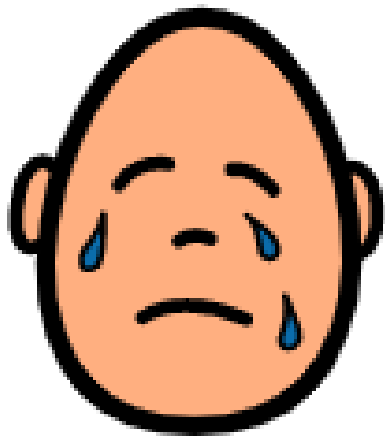
I might feel sad or angry.



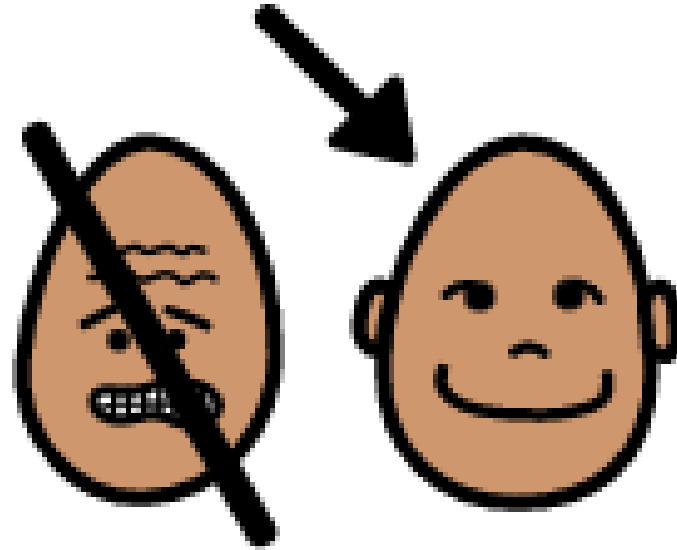
When I miss someone who died, I might think about them a lot. This might cause me to continue feeling sad or angry.



These feelings might be uncomfortable in my body. They might make me cry or want to be alone.

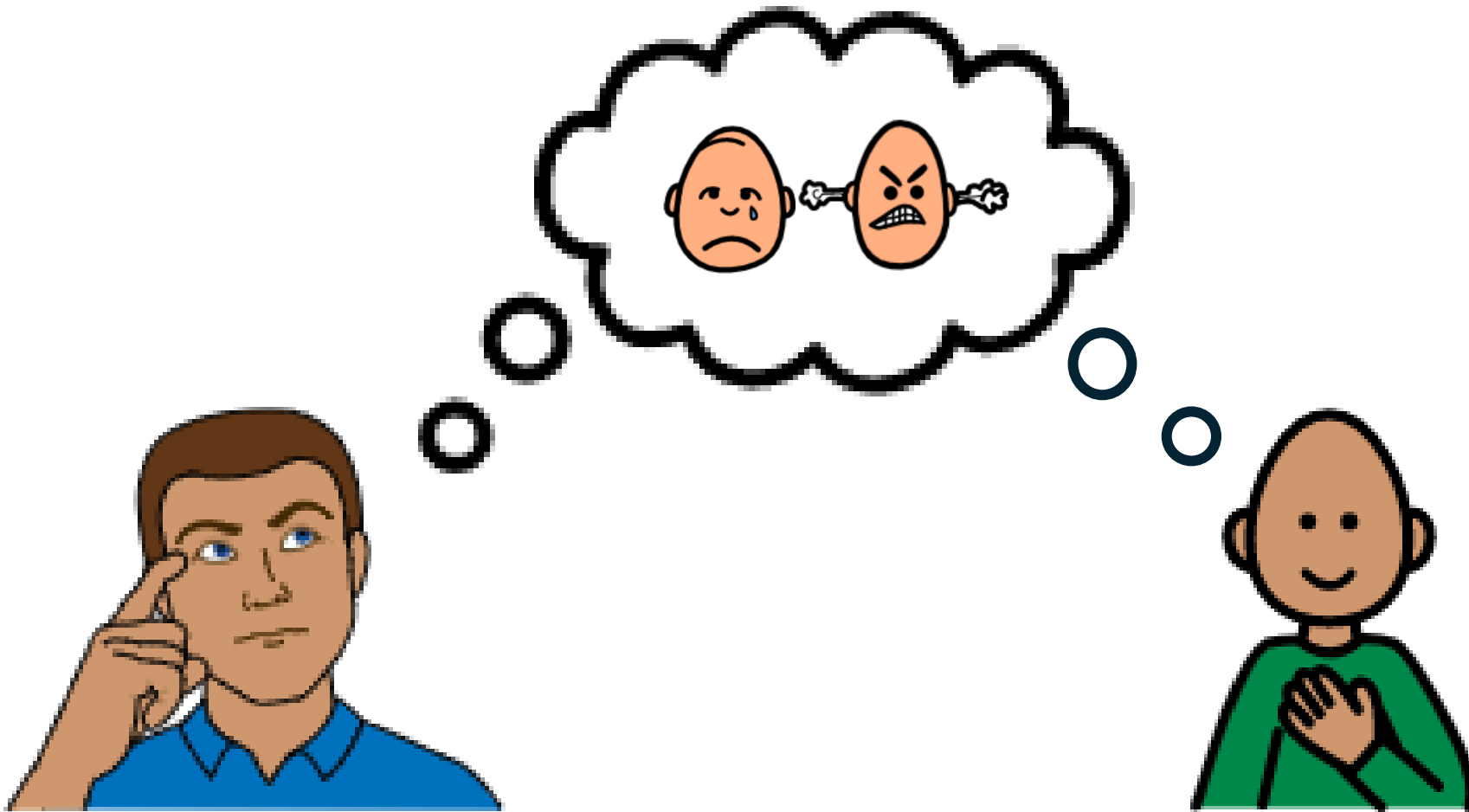


Coping with grief is a way for me to  
get back to more comfortable  
feelings.





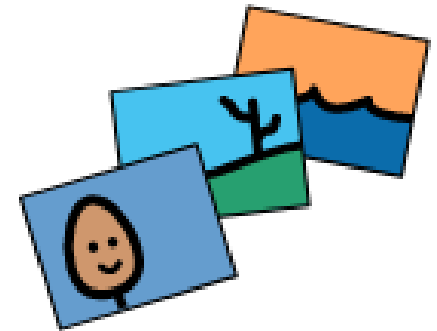
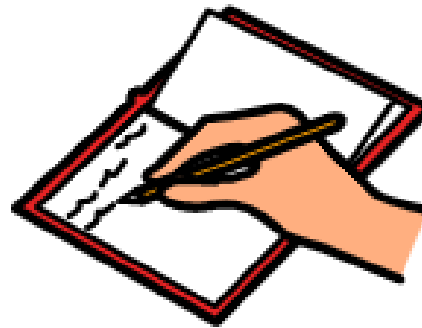
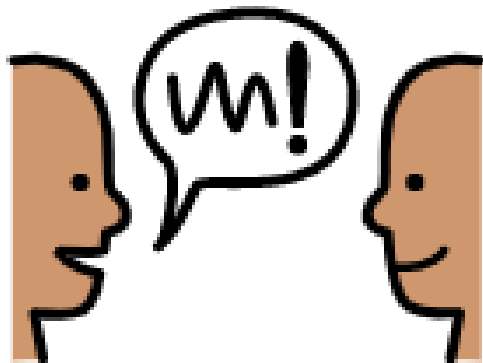
Sadness or anger can take up a lot of space in my head and heart.



When someone dies, I will not forget them or "get over it." I just want to make more space for other thoughts and feelings besides sadness or anger.



There are things I can do to make more space in my head and heart. I can talk about my feelings, think of happy memories, look at photos of the person, journal, or pray.



It can take time to make space for other thoughts and feelings like happiness. It is good to allow myself to feel happy again.

