

When you're grieving, it's normal to...



- cry or not cry.
- feel angry, sometimes even at the person who died.
- feel sleepy or like you have no energy.
- have trouble sleeping and have racing thoughts or nervous energy.
- daydream, have trouble concentrating and forget things.
- have trouble eating or over-eat.
- feel lonely or wish to be left alone.
- want to think and talk about the person who died.
- not want to think, talk, or hear about the person who died.
- sigh so loud people look at you and ask if something is wrong.
- feel as though now you are responsible for everything.
- feel as though you can't be responsible for anything.
- find yourself smiling or laughing and then feel guilty.
- feel guilty just because you're alive.
- have bad days and good days.



When to be concerned...

- If grief continues or gets worse (*without any relief*) 12 months after the death.
- If other major stress occurs in the person's life.
- **If the person talks about suicide or hurting him or herself.**
- **If the person does dangerous stuff** – alcohol or drug use, unsafe sex, reckless driving, or “daredevil” behaviors.
- If the person avoids being with other people.
- If the person is always tired or sleeping, forgetful, or cannot concentrate.
- If the person doesn't care about school or activities he/she once enjoyed.
- **If the person says he or she is in physical pain.**
- If the person has uncontrollable anger.
- If the person says he or she feels powerless or like they don't matter.
- If the person has no one safe to talk to.
- If the person's grades continue to drop.

If you're worried about yourself or a friend, please say something. Tell a teacher or counselor, your parents, a coach, someone from church – someone you can trust and someone who can help. For more information, call [847-653-3123](tel:847-653-3123).