



Have you heard...

**THEY WOULDN'T WANT YOU
TO BE SAD, ANGRY, ETC.**

WONDERSPACE
BLUE

IT COULD BE UNHELPFUL BECAUSE:

Sometimes others will tell you that your person would want you to be happy and to continue with your life as normal. Your person would not want to see you upset. While this is often meant to convey that the person cared about you and would want the best for you, it can be hurtful to hear while you are experiencing normal and healthy negative emotions as a part of your grieving process.

This can also feel like a way to stop expression of negative emotions, or to push you toward resuming typical routines when you may not feel ready to do so.





Your person cared about you and wanted things to go well for you. Because this relationship was so important, sadness will naturally be a part of your grieving process. You can honor the relationship you had with this person by allowing for all of your feelings, including sadness, anger, and other emotions that recognize this loss.

No one goes through life feeling happy all of the time, even if they are generally well-adjusted and resilient individuals. Negative emotions are a normal and healthy part of grief, and an essential piece of sorting through loss.

Your person would want you to navigate grief in a healthy way that would result in the best possible outcome for you and others you care about. Healthy negotiation of grief involves experiencing all kinds of mixed emotions at varying intensities and for various lengths of time.

Sadness and anger do not mean that you are not coping with life. They are your body and brain's way of recognizing that loss has occurred and adjusting to a new reality.

You could say:

- Read the book “Feeling All My Feelings” by Kim T.S. or find a read aloud on youtube.
- “Everyone feels sad sometimes. Part of handling feelings in a healthy way is letting yourself feel all of the feelings, even if that isn’t very much fun. You feel these things because this person was important to your life. It’s okay to feel strong feelings.”
- “You can feel sad and mad sometimes and still do things that make life feel more normal, like going to school or playing with friends. This is how Kyle uses his superpower in the book, Feeling All My Feelings. Balancing doing normal things or doing things you enjoy and leaving room for strong feelings is how we get through grief.”