

Cope

FINDING SOMETHING TO DO WITH FEELINGS

Grief comes with a lot of big emotions. Sometimes this looks like having a ton of energy, and sometimes it looks like almost none. You might switch back and forth between high and low energy, or angry and sad energy. Here are some ideas to let that energy out of your body, or help your brain slow down.

For Kids

Do something with words:

Tell someone else what your grief feels like, or write about what you wish you could say.

Do something without words:

Make art that's as big as what you're feeling today. Use big or small paper, or try using both hands.

Move your body:

Make an obstacle course with sidewalk chalk, have a distance-throwing contest (throwing soft objects away from people), go to a batting cage or throw water balloons.

Do something focused:

Do an activity with several steps, like a craft or building kit.

Make yourself comfortable:

Find things that make you feel calm and safe, like stuffies favorite blankets or PJs.

For Teens

Try journaling, talking with a friend, mentor, or someone else you trust, or writing a letter to your person.

Try drawing, making a collage, painting, or making a playlist about the person who died or how your grief feels today.

Do something that takes a lot of energy quickly, like going to a batting cage or driving range, or lifting weights. Or try engaging your body slowly, such as stretching or using a balance board

Do something distracting that requires focus, like a new recipe, craft kit or puzzle.

Find things that make your body feel comfortable. Try a weighted blanket, soft clothes, or scented items you enjoy.