

Experience

BEING REALISTIC ABOUT
WHAT TO EXPECT



Grief can make anyone feel like they're going crazy. As a teen, you were probably already experiencing a lot of changes and transitions before adding grief to the mix. Because every loss is different, every person has a unique response. However, many people experience some similar things.

It's normal to...

- **Feel your grief in your body:** Grief can cause headaches, stomachaches, soreness, or physical exhaustion.
- **Have changes in sleeping and eating:** You may sleep, eat, or rest differently than usual.
- **Have brain fog:** Grief can make concentrating, remembering, or making decisions harder.
- **Be on an emotional roller coaster:** Your emotions may change quickly or feel more intense.
- **Have strong emotions sometimes, and other times feel numb or normal:** Grief can feel overwhelming one moment and distant next.
- **Feel alone or isolated:** You may feel misunderstood or different from people around you.
- **Worry that other things will happen:** Loss can make your brain expect more bad things ahead.
- **Feel numb or disconnected:** You may feel emotionally distant, shut down, or disconnected temporarily.
- **Want to do things you wouldn't normally do:** Grief may change routines, choices, behaviors, or risk-taking tendencies.

