

<http://stonyplainandsprucegrovesu.com>

---

## SOME GUIDELINES

- 1) Accept your emotions as normal and deal with them.
- 2) Express your feelings and accept help and support.
- 3) Don't expect miracles overnight, grieving takes time.
- 4) Escaping into loneliness is the wrong solution, seek help when you need it.
- 5) Friends are important.
- 6) Counseling may be helpful.
- 7) Be kind to yourself.
- 8) Understanding grief and accepting your loss can help you recover and grow to be a stronger person.
- 9) You are not going crazy! Your feelings are valid and likely normal. It is only through change that we grow.
- 10) Sources of help and information:
  - Counseling
  - Bereavement groups
  - Support groups
  - Mental Health Association
  - Child and Family Services

*Alberta*  Government

---

**VICTIM SERVICES**



Victim Services Society  
4601 – 44 Avenue  
Stony Plain, Alberta, Canada  
T7Z 1W9

Phone : (780) 968-7272

Website : <http://stonyplainandsprucegrovesu.com>

---

**VICTIM SERVICES**



# GRIEVING TEENS A FEW THOUGHTS FOR YOUR JOURNEY

hopelessness • anger • loneliness  
guilt • depression

---



**“Adolescence is the vast never-never land in which you exist while wondering who and what you are... You are too old to be treated like a child, and too young to be treated as an adult. It is a dream world, and sometimes that dream is a nightmare.”**

One cause of adolescent nightmares is the personal crisis brought on by the loss of a significant relationship. This loss can occur because of an unresolved family breakdown, moving, serious illness, or death of a family member or close friend. Having to cope with a loss adds to the normal turbulence of adolescence and may lead to an increase in stress-related problems and behaviors.

## GRIEVING PEOPLE SHARE CERTAIN FEELINGS.

- 1) **Shock and Denial**  
Your first reaction may be to deny your loss or to feel emotionally numb. Eventually, you'll be able to face the reality of your loss.
- 2) **Anger**  
Your loss may seem unfair. You may feel angry with yourself and others for not preventing the loss, but you can work through your anger.
- 3) **Guilt**  
It's not unusual to blame yourself for something you did or didn't do prior to your loss. Remember, you are only human - there are events you just can't control.
- 4) **Depression**  
You may feel drained and unable to perform even routine tasks. Eventually, you will become involved in life again.

- 5) **Loneliness**  
Increased responsibilities and changes in your life can make you feel lonely and afraid. As you meet new challenges and develop new friendships, these feelings will fade.
- 6) **Hope**  
You will reach a stage where you can focus on your future filled with hope.

**No matter how difficult life may get, you can pull through!**

## HOW TO HELP THE GRIEVING PROCESS:

It is important to remember that grief is a natural human response to loss. It is not an illness that needs treatment. Since life involves many gains and losses, learning to handle grief effectively is a necessary life skill.

**It is as important for you to learn how to handle grief as it is for you to learn how to do math, or to drive a car!**

## WAYS OF COPING

- Remember “YOU ARE NOT ALONE” or different from some of your peers
- Get information to help make sense of both death related experiences and experiences of grief and mourning

<http://stonyplainandsprucegrovesu.com>

- Talk to someone that you trust and ask for help when you need it
- Find a constructive way in which to remember and memorialize a life that has ended
- Trust that life and living can and do go on. Talk to someone who has gone through losing someone they love
- You may react different than someone else, but that's all right; grief is a very personal experience.

**Grieving is healing; and in order to fully live again, sorrow must not be denied!**

**Grief needs to be expressed or processed so it can be healed. If not, other symptoms may appear and affect our health and/or behavior.**

## REFERENCES:

O'Toole (1995) *Facing Change: Falling Apart and Coming Together Again in the Teen Years.*

Traisman, Enid Samuel. *Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss.*