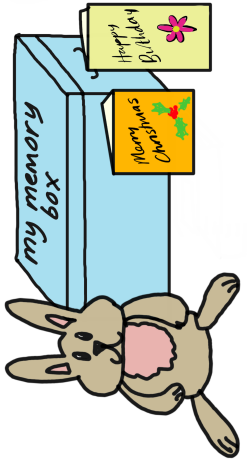


WHAT IS GRIEF?

You might find it helpful to keep some of the special things that remind you of your loved one.

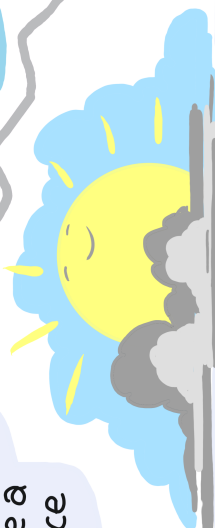


Everyone grieves in their own way, and have different feelings...



In time you will find you can do things in between the sad waves... you can play, learn, and even enjoy yourself if you want to, when you are ready.

To begin with, there can be many sad waves, you might feel really sad or cry all the time...



But... the sun will come out and you will feel happy again.

SAD IN SECRET PAIN, SHOCKED, MARRIED, ALONE, FRUSTRATED, DISTRESSED, ANXIOUS, GUILTY, UNSURE

Difficult and uncomfortable feelings are a natural part of grief. All of your feelings are completely normal, they change in time and don't last forever.

These special things might be comforting during this sad time.



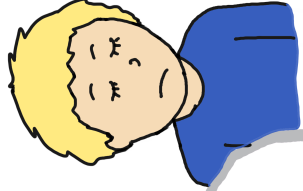
The world might seem like a cold place now,

You are stronger than you know...



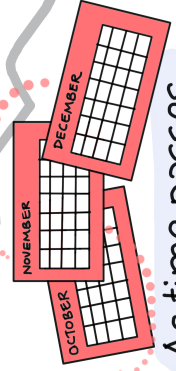
With support from your trusted adults you can get through this difficult time.

Grief is a word we use to describe the sad feelings we have when someone we love dies.

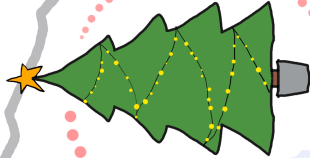


Feelings come and go, just like the waves.

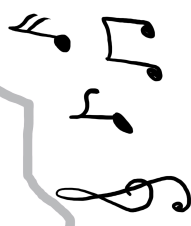
Feelings are like waves in the sea, some are big and scary, others are gentle and soothing... flowing in and out.



As time passes, there will be less of the sad waves... but a sad wave might come along on the special days... your loved one's birthday, at Christmas, or another special occasion.



You will remember your loved one, they are in your heart. You will always love them, but you won't always feel so sad. Your loved one would want you to be happy... smile & think about all of your lovely memories of them whenever you can.



There could be things that remind you of your loved one who died; maybe a photo, a song, a smell, an item, it could be anything.

