

Taking Care of Yourself When You Are Grieving

Student Guide

Simple ways to care for yourself, find support, and move through grief one step at a time.

A Note Before You Begin

- Grief can feel overwhelming, confusing, and different every day.
- You may feel sadness, anger, numbness, frustration, exhaustion, or even moments where things feel normal.
- There is no right way to grieve. There is no timeline you have to follow.
- Taking care of yourself does not mean forgetting someone you love. It means giving yourself the support and compassion you need while navigating loss.

What You Can Do Right Now

- Reach out to someone you trust.
- Focus on one day at a time.
- Stay connected to supportive people.
- Give yourself permission to rest.
- Take breaks when things feel overwhelming.
- Remember you do not have to handle this alone.

What You May Be Feeling

- Sadness, anger, anxiety, confusion, numbness, or loneliness.
- Difficulty concentrating or changes in sleep and energy.
- Emotions that come and go unexpectedly.
- There is no correct way to grieve.

Ways to Support Yourself

- Talk with a trusted friend, family member, teacher, coach, or counselor.
- Write in a journal.
- Spend time outdoors.
- Maintain simple routines when possible.
- Listen to music that brings comfort.

Give Yourself Permission To

- Feel your emotions.
- Take breaks.
- Rest when you need to.
- Say: I am not ready to talk about that yet.
- Ask for help.
- Experience good moments without guilt.

It's Okay to Talk — Or Not

- Some people want to talk about their loss right away. Others do not. Both are okay.
- Share when you feel ready, not because you feel pressured.

Take Things One Step at a Time

- You do not have to figure everything out today.
- Focus on getting through today.
- Small steps count.

When You Might Need More Support

- If you feel overwhelmed most days.
- If you are withdrawing from friends and activities.
- If daily life feels difficult to manage.
- Reach out to a trusted adult, school counselor, or mental health professional.

Important Reminders

- You are not alone.
- It is okay to not be okay.
- Healing takes time.
- Asking for help is a sign of strength.
- It's okay to laugh, smile, and experience good moments.

Where to Find Support

- School or campus counseling services.
- Trusted adults, teachers, coaches, or advisors.
- 988 Suicide & Crisis Lifeline: Call or text 988.

GRIEF SUPPORT RESOURCE LIBRARY

You don't have to have everything figured out. Taking care of yourself, one step at a time, is enough.