



ALL ABOUT GRIEF

What can I do?

Things to Know

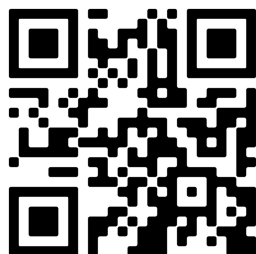
Grief is a natural reaction to the loss of a person, but it can sometimes feel heavy and scary. Each person's grief is unique as they are and there is no one "right" way to feel or act. In fact, you may react and feel completely differently about each loss. You might feel your grief in your body. It might trigger headaches, stomachaches, or tense and sore muscles. You could have trouble concentrating, focusing, or sleeping. Grief doesn't disappear, but it does change over time. Be patient with yourself.



YOUR GRIEF IS
WORTH YOUR TIME

Join Other Students

Bryan Station has a group for students experiencing grief! Contact your counselor or scan the QR code below to get more information!



Things to Do

- Move your body. Walk, run, dance, stretch, or anything that gets you moving.
- Take a deep breath. Toxins can leave the body through your breath.
- Get Creative! Art and music help reconnect parts of our brain as we heal.
- Write a letter to the person who died or to yourself. Sometimes getting words on a page makes emotions feel more manageable.
- Get enough sleep. Sleep can be hard after a loss, so try slow breathing (count to 4 in and out) or quiet music at bedtime to calm your body.
- Find the people who can listen and support you, whether it is a peer or adult.