

Resources

Support Groups

Hospice of the Red River Valley - Youth Journeys
This is an occasional program for young people, ages 6 to 18, who have lost a loved one through death. Please contact the Fargo office for more information at (701) 356-1500 or (800) 237-4629.

Websites

www.kidsaid.com/k2k_support.html
www.hospicenet.org/html/teenager.html
www.dougy.org/
www.fireinmyheart.com/

Books (Note: All of the books listed below can be checked out at Hospice of the Red River Valley – Fargo.)

When a Friend Dies: A Book for Teens About Grieving and Healing. Marilyn E. Gootman

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love.
Earl A. Grollman

Help for the Hard Times: Getting Through Loss.
Earl Hipp

Facing Change: Falling Apart and Coming Together Again in the Teen Years., Donna O’Toole

Healing Your Grieving Hearts For Teens: 100 Practical Ideas, Dr. Alan D. Wolfelt

After You Lose Someone You Love, Amy, Allie & David Dennison

Memories, Cheryl Hall-Kippen, LSW

Gifts of Life for Teens, Kari Dew, LSW

My Grief Rights – For Teens

1. I have the right to have my own unique feelings and thoughts about the death.
2. I have the right to talk about the death and to express my feelings of grief in my own way.
3. I have the right to need other people to help me with my grief.
4. I have the right to not be at my “personal best” when I’m grieving. I have the right to get upset about normal problems that otherwise may not upset me.
5. I have the right to be involved in the funeral, prayer service or memorial service.
6. I have the right to have “griefbursts.”
7. I have the right to be given honest answers to those questions that are able to be answered; and to have others listen with understanding when I ask the questions that are not able to be answered.
8. I have the right to question my spiritual beliefs, search for meaning in my life and try to make sense of this loss.
9. I have the right to think and talk about my memories of the person who died.
10. I have the right to grieve as long as I need to, and, over time, to heal.

Adapted from “My Grief Rights for Kids” by Alan D. Wolfelt, Center for Loss and Life Transition and “The Bill of Rights of Grieving Teens” by teens at the Dougy Center.



To learn more about hospice and how to begin services:

(800) 237-4629 questions@hrrv.org

www.hrrv.org blog.hrrv.org

[facebook.com/hospicerrv](https://www.facebook.com/hospicerrv) twitter.com/hrrv



Teens and Grief

Grief in Teens

Life as a teenager can be overwhelming and full of change. Changes can be exciting, but sometimes they can be confusing and difficult.

Types of changes may include moving to a new school, parents' divorce or difficulties in relationships with friends. One of the hardest changes you may face is the death of someone you know.

A natural reaction to loss is grief—a deep sadness about loss.

Common Reactions to Grief Include:

- Loss of appetite or eating all the time
- Sleep disturbance or nightmares
- Stomachaches or headaches
- Lack of energy and motivation
- Feelings of anger, fear, guilt or even relief
- The whys?: Why me? Why now? Why them?
- Feeling embarrassed or self-conscious
- Confusion
- Difficulty concentrating
- Making mistakes
- Losing interest in daily activities
- Withdrawal from family or friends

You Are Not Going Crazy.

These are all normal reactions to grief!

Common Questions You May Have

How could this happen?

When death occurs, this may be the first question you ask. The world might not feel like a safe place. Life can feel uncontrollable and unpredictable. It is normal to feel this way.

What do I do with anger?

This one can be tough. It is normal to feel angry when you lose someone you love. Cry, draw, write, yell, punch a pillow ... anger can be expressed in many ways. The point is to express it—in a way that doesn't hurt you or someone else.

Why don't my friends understand?

Grief is unique to each individual. Friends may not be able to put themselves in your shoes. It doesn't mean they don't care about you—it just means they may be limited in knowing what to say or do for you.

Who can help me?

Support can come from many sources: family members, friends, teachers, counselors, clergy and other trusted adults. Grieving the loss of a loved one is a time when you will need more support. A helpful support person is someone who will listen to your thoughts and feelings and help you make sense of them. By connecting with others, you begin to accept the loss and move forward with your life.

“ Although the world is full of suffering, it is full also of the overcoming of it. ”

- Helen Keller

Coping with Grief

Each grieving experience is unique—there is no right or wrong way to grieve. The key to coping is to work through your feelings.

Tips to Help You Cope:

1. Understand what has happened and what you have lost. Talk with others and tell your story as often as you need.
2. Express emotions in a safe and non-destructive way.
3. Ask for, or accept, support from someone you trust.
4. Don't be afraid to cry—even if it's in the shower.
5. Allow some time for yourself and take breaks from grief.
6. Don't try to “keep it all together.” This is tough stuff.
7. Be nice to yourself. Do things that bring a smile to your face.
8. Take time for memories. Go through pictures, talk about your loved one or create a memorial.
9. Try to re-establish some routine.
10. Continue to express your grief. It's best not to try to ignore it.
11. Keep a journal. You can see the road you traveled and what you learned along the way.
12. Be yourself no matter what. You are lovable even when you feel like a mess.
13. Take care of yourself, eat healthy, get plenty of rest, exercise and stay away from drugs, alcohol and other self-destructive behaviors.