

# TIME

is a physician that

# HEALS

every grief.

~Diphilus

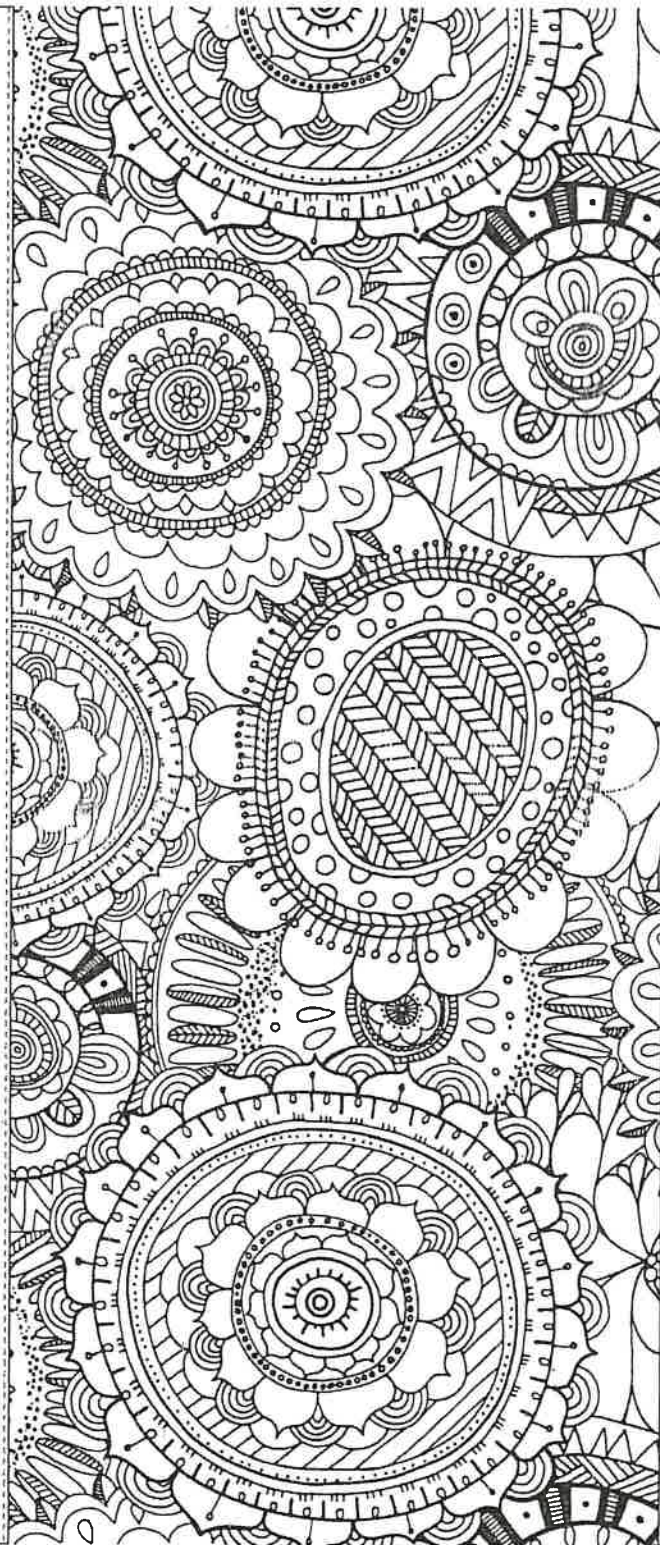


No one ever really dies as long as they  
took the time to leave us with fond

# MEMORIES

~Chris Sorensen

If I had a magic wand and  
could make my grief go  
away, I would spend the day  
doing this:



# GRIEF & LOSS



**I am brave  
enough to  
face my  
feelings.**

# LET GO OF GUILT



Sometimes I feel guilty that I am still here and they are not. This is a normal feeling. When I start to feel guilty, I will forgive myself and remember that I cannot control what happened.

# HELPING OTHERS HELPS ME

Everyone has talents to share with the world. One kind thing I can do to make life better for others:

# FRIENDS

My friends do not always know what to say to me. Sometimes they ignore me. Sometimes they say the wrong things that make me feel worse. I understand that they don't always know how to help me. I can tell them how to help me. One thing I could tell them that I need is:

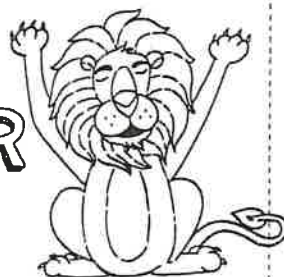
# LET ANGER COME AND GO

I can allow myself to feel anger, but I can let it go instead of holding it in. When I feel too much anger building up, I can get relief by doing something physical. My favorite exercise or sport is:

# IT'S OKAY TO FEEL SAD.

Feeling sad is normal. I know that I should not hold my sadness inside. I will cry when I get that feeling. After I get that out, I will look for ways to cheer myself up. The best way to cheer me up is to:

# LAUGHTER HEALS.



I laugh when I think about the time that we:



## REMINDERS:

- Nothing you can do will change this.
- Allow all of your emotions to happen and expect some big feelings.
- It's okay to be happy and enjoy life again.
- Talk to others who have been through it.
- Make a memory box with items that remind you of your loved one.
- Ask others to share their memories that you may not have known about your loved one.
- Grief comes and goes.
- Write your feelings in a journal and put those feelings aside with the journal from time to time.
- Allow yourself to stop thinking about it during specific times of the day.

Trusted adults that I can talk to when I need more help:

