

LOSING SOMEONE YOU CARE ABOUT

Loss is a part of life. We all face losing someone we love, whether from death, a breakup, or just growing apart from an old friend. It's not uncommon to experience this a lot during adolescence as friendships and relationships shift, loved ones age, and tragedies occur. Your generation has also faced more death and loss than many other generations when they were your age. You are growing up during a pandemic, regular mass shootings, and increased rates of youth suicide.



WHAT IS GRIEF?

Grief is the reaction you have after experiencing a loss. It often impacts your mind, body, and spirit. Grief also refers to the process of coping with a loss: dealing with tough emotions, coming to terms with the loss, and finding ways to move forward. This doesn't mean forgetting about loved ones who have passed away or are no longer in your life – it means figuring out how to remember them and adjust to what your life looks like without them.

The pain of grief is typically most intense right after the loss, but some people first feel shock or numbness before reality sinks in. People often experience grief in “waves” – maybe you have a great weekend and then see something that brings all of the hurt back, or you feel like you've mostly healed and then the one-year anniversary comes and you can't stop crying. Either way, you're bound to have some good days and some really tough days. There's no one way to grieve or limit on the amount of time you're allowed to feel this way.

YOUNG PEOPLE SAY LOSING SOMEONE THEY CARE ABOUT FEELS LIKE...

- “I LOST A PIECE OF ME I NEVER KNEW I HAD”
- “THE AIR'S BEEN STOLEN FROM MY LUNGS”
- “I LOST EVERYTHING”
- “I MUST HAVE DONE SOMETHING WRONG TO DETER THEM”
- “AN OUT OF BODY EXPERIENCE YOU HAVE TO LIVE THROUGH”
- “CRUSHING ALL OF THE INNOCENCE I TOOK FOR GRANTED”
- “LIKE A SHADOW I CAN'T REACH”

EMOTIONS YOU MAY EXPERIENCE

- » Denial
- » Loneliness
- » Fear
- » Anger
- » Confusion
- » Embarrassment
- » Shock
- » Hopelessness
- » Sadness
- » Guilt

PHYSICAL SYMPTOMS YOU MAY EXPERIENCE

- » More likely to get sick (lowered immunity)
- » Stomachaches
- » Body aches & pains
- » Headaches
- » Changes in appetite
- » Fatigue
- » Difficulty sleeping
- » Nausea
- » Dizziness

IN CRISIS?

If you or someone you know is struggling or in crisis, help is available. Call 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.