FREE your FEELS™

LOSS & GRIEF

As we go through life, we will face many losses. **Loss** means something important has changed or is no longer the same. **Grief** is all those thoughts, feelings, and behaviors we experience when we are separated from someone or something important to us. Grief is a reaction after someone dies but it can happen with any kind of loss. .

COMMON TYPES OF LOSS:

- The death of a person
- Relationship or friendship break-ups
- Losing a pet
- Deportation of family members
- Financial struggles – like a caregiver losing a job
- Parents' divorce
- Parent or sibling's incarceration
- Moving to a new home or school
- Changes in your (or a loved ones) health/mental health

HOW GRIEF MIGHT FEEL:

- Trouble sleeping
- Feeling anxious or nervous
- Getting angry easily
- Feeling numb or disconnected
- Feeling guilty or blaming yourself for the death
- Crying unexpectedly
- Withdrawing or isolating
- Physical symptoms (headaches, stomach aches, fast heartbeat)
- Eating more or less than usual

Know that these and other reactions are normal when we are grieving. It can help to talk with someone we trust about these feelings, or expressing them through creative outlets like journaling or drawing.



Photo Courtesy of Kate's Club

RESOURCES

Kate's Club is a Georgia-based nonprofit that supports children, teens, and families grieving the death of a loved one.

Coalition to Support Grieving Students offers tools for coping with grief, especially in school settings.

NACG National Alliance for Children's Grief provides resources, information, and support for children and families experiencing grief.

Dougy Center provides advice for supporting a friend who is grieving. Check out this tip sheet to learn more!

988 Suicide & Crisis Lifeline **988** is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ACTIVITY:

provided by: Kate's Club

In the center of your dream catcher, write or draw some feelings, memories, or experiences that have been a part of your grief, whether positive or difficult. Then, draw your web of lines. Draw your lines **THROUGH** the parts of your grief you want to keep with you, and lines **AROUND** the parts you'd like to release.

Grief doesn't disappear and is not something to be ashamed of, but it can change as we grow. Your web can represent how you carry your memories and feelings with you.

Next, fill the space around the beads and feathers with words or drawings of people, things, and memories you love, or strengths you see in yourself. These are parts of your life that can support you as your grow and carry your grief with you.



To learn more about the cultural origins, history, and meaning of dreamcatchers, visit theindigenousfoundation.org/articles/dreamcatchers

@freeyourfeelsga

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

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Kate's Club is a Georgia-based nonprofit empowering children, teens, their families, & young adults who are grieving.