

Grief & Loss



Know that your feelings matter. It's okay to feel angry, sad, or confused.



Show your feelings through writing, drawing, or music.



Talk about your thoughts and memories with someone you trust.



Ask questions about your loss. It's okay to ask more than once.



Spend time with friends or join group activities to feel less alone.



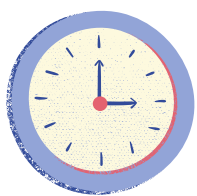
Stay active through sports or outdoor activities.



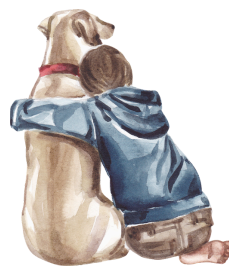
Honor your loved ones with special activities or memory boxes.



Be kind with yourself.



Grief takes time. It's okay if some days are harder.



Talk to someone you trust when you are feeling sad.