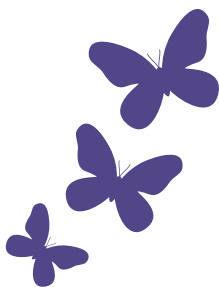


Grief reactions

in children, adolescents and teens



CHANGES IN THE BODY

Upset stomach, digestive issues, headaches, lack of energy, more illness, changes in sleep, rashes or hives, changes in eating, feeling dizzy, muscle aches or weakness



CHANGES IN FEELINGS

Feeling like things won't get better, sad, helpless, shock, overwhelm, resentment, numb or empty, with no emotions, relief, guilt, anger, embarrassed, anxious, moody



CHANGES IN BEHAVIORS

Acting out, fighting with others, temper tantrums, keeping to yourself, drop in grades at school, crying easily, very active, nightmares, risk-taking behaviors, more focused on an activity, schoolwork or a job, bed-wetting or accidents, saying they feel sick, baby talk, poor self-care, separation anxiety, need more attention, acting like an adult, taking on the roles of a caregiver or an adult



CHANGES IN THINKING

Hard to focus, hard to make choices, daydreams, thinks about death



CONFUSION AND QUESTIONS

Denial, disbelief, questions about the death, confusion about God, religion and meaning of life, asking “why”



COMMON FEARS

Being away from a caregiver, fear of others dying, fear of dying, fear due to changes in routine



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