



# Coping with Bereavement...



## Is it abnormal that I didn't cry?

Everyone's grief response and feelings towards the loss are different



## I feel really bad...

- Use ways that you feel comfortable with to release your sadness, on the basis that they won't harm others or yourself and won't destroy things
- Physical exercise: Running, playing sports, jumping rope etc.
- Expression of feelings: Talking to people, writing down what you feel/think/realise etc.
- Sensory relaxation: Listening to music, going for a walk in the countryside, hugging a stuffed animal etc.



## I miss my relative/ friend who passed away...

You can:

- Keep a memorial item with you as a remembrance
- Use creative approaches to express your reminisce, such as writing essays, writing lyrics, or drawing pictures
- Do something for the deceased, for example, to console or visit their family members



## Should I tell anyone about the death of my family member/ friend?

Peers may not be able to understand your situation as they may have limited life experiences. You can tell people you trust (e.g., family members, teachers, and social workers) so that they can support you

