

Advice for Students dealing with Grief

Here are ways that you may find helpful and comforting:-

- If you want to talk about this tragedy that can be really helpful, so that we can acknowledge how awful it was and that it has made some of us very upset. It is ok to cry and show that you are upset, equally some people can feel incredibly sad and not cry which is ok too;
- Everyone will be affected by this in their own way. There is no one way to feel, or act when someone we know dies. You might find yourself feeling lots of emotions, all at once or changing rapidly;
- There is no 'measure' of how much a person grieves when someone dies. Sometimes we want to feel as though we are the person who will miss them the most. This is because we are feeling as though we really want to be connected to the person who has died. We need to accept that different people feel grief and react differently and that is ok;
- Supporting each other by listening to our friends and being kind to ourselves and each other makes us feel not only better but also that we are part of a team helping one another;
- If a friend tells you something that makes you feel worried about whether they or someone else might not be safe, it is ok to tell an adult so that someone can see if that person would like some help with something. You can talk to your family or any adult in school;
- When we are feeling big feelings you might feel a little wobbly or worried at times. There might be things that help you to feel better, maybe something you used to have or do when you were younger such as a favourite toy or game or routine you had with your family might help you to feel a bit better;
- Eating good for you foods and getting fresh air and exercise can help you to feel better for a while;
- It is a good idea to do things where you can have fun and a laugh – it is ok to have fun even if you still feel sad at the same time;
- Talking about your friend who died with other people can be helpful and make you smile especially when remembering fun or silly things you did together.