

## How do you feel when you lose somebody?

At first, it can be scary. You might be in shock or feel numb. You also might feel nothing at all or be confused about your emotions. You might wonder why this had to happen and say it isn't fair. You might feel great sadness or anger. You might feel that nothing can fill this empty space and nobody can help you. Maybe you feel alone and want to be by yourself. You need time.

Maybe you feel guilty for something you did or said and now you have regretted it. Maybe you think it's now too late to tell them how much you love them or to apologize. Maybe deep down you fear this will happen to you as well. Maybe you feel odd, your feelings are intense, all mixed-up and keep changing all the time. Maybe you get upset over little things, tear up easily, feel disconnected and don't want to do your homework or go out. Or you may feel unable to be happy with things you used to do. Maybe you have a hard a time going to sleep at night or maybe you are having nightmares, while other times you might not be able to get up in the morning and you want to sleep all the time. Sometimes pain is expressed through our bodies. For instance, your head or stomach might ache or you might feel nauseated, tired and exhausted. Maybe you have lost your appetite or, the exact opposite and you want to eat all the time.

All of these reactions are normal when you lose someone you love. It's not always going to be like this. Remember there's not "right" and "wrong" way to grieve.

Each experience is unique and each teenager reacts differently.



Group of teenagers, Farkadona 2007

## What could be helpful?

Every teenager finds their own way to cope with and express their grief.

Other teenagers have told us they felt better:

- Talking to someone they trust.
- Allowing themselves to cry when they needed to.
- Thinking and talking about the person who died.
- Continuing to engage in extracurricular activities and their interests.
- Listening to music, going out with friends, going to the movies.
- Writing down their thoughts and feelings in a diary/journal.
- Writing a letter to the person they lost with all the things they would like to tell them, if they could hear them
- Making a photo album dedicated to him or her.
- Making a scrapbook where they placed texts and photos, dedications, poems or collages for the person they lost.
- Making a memory box, which they colored or decorated with shells, stickers or drawings and then used to keep anything related to him/her (glasses, wallet, watch, lighter, worry beads, book, cds, scarf, tie, lipstick, jewelry, toys).
- Making a collection with his/her favorite songs or songs that reminded them of him/her.



Memory Box

## If you feel trapped in pain...

If you feel trapped in pain, don't hesitate to seek the support of a psychologist who can help you to move on with your life.

You can contact Merimna - even anonymously –by phone 210 64.63.622 or send an e-mail to: [merimna-efivoi@ece.ntua.gr](mailto:merimna-efivoi@ece.ntua.gr)

### Maybe you need help...

- If you are constantly thinking about your loved one's death and this prevents you from engaging in your daily activities.
- If it's been a long time since you last had fun.
- If you have alienated yourself from your friends, closed yourself off and you don't talk to anyone.
- If you are experiencing intense stress or feel scared and angry all the time.
- If nightmarish dreams persist.
- If you have stopped doing well in school, have gaps in your memory and you can't concentrate.
- If, at times, you think of hurting yourself or doing something dangerous.
- Remember there's always a way to feel better and there's always someone that can listen to you.

