

Here are our top tips for healing after a death.



You may experience intense emotions as you comprehend the unimaginable. **Trust that you will not always feel this way.**



Respect each person's way of grieving. This allows for honest expression and healing.



Gather for a **ceremony in memory of the person who died.** This gives an opportunity for friends and family to heal by mourning together.



Honor the wisdom of your body. Don't expect to have the strength to do the daily activities you once did.



Support from family and friends can positively impact your grief experience. Allow them to help you in the ways that are most needed by you.

Take CARE as you heal

Care for your body with healthy food, water and movement like stretching or walks outdoors.

Accept support in the ways you find most helpful.

Rest often and keep normal routines as much as possible.

Express your emotions with others as they arise.



Jessica's House offers free peer support groups for children, teens, young adults and their adult caregivers grieving a death. Each group combines therapeutic talk, play and creative expression to promote healing and hope for the future.

For additional support and resources:

jessicashouse.org

info@jessicashouse.org

or we welcome your call at **(209) 250-5395**

Authors



Erin Nelson, ACTP
Executive Director



Colleen Montague, LMFT
Director of Outreach and Education

Office Hours

Monday – Friday
8 am to 4 pm

1225 W. Christoffersen Pkwy
Turlock, CA 95382

Follow us



Healing After a Death



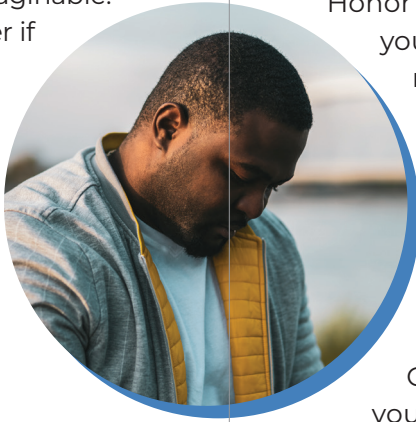
Grief Support for Children, Teens,
Young Adults and Their Families

When someone you love dies, your world is changed forever.

You are grieving the loss of their presence in your life, which may leave you feeling lost. This guide offers practical ideas as you move toward your healing.

Common grief reactions

After someone dies, you may experience intense emotions like shock, confusion, disbelief, or overwhelming despair. You are trying to comprehend the unimaginable. You might feel guilty and wonder if there was something you could have done to prevent their death. You may resent or feel jealous of others who haven't experienced the same type of loss as you. This is a time to be with your emotions, and trust that you will not always feel the way you do at this moment.



Everyone grieves differently

Each person's grief is as unique as their fingerprint, and each person will have their own way of grieving. There may be someone else in your life who has also been affected by this loss, but their grief may look different than yours. You may feel annoyed by someone else's way of grieving. One person may want to talk, and another may be withdrawn. One person may be having a strong grief reaction while another isn't. Recognizing and respecting each other's unique way of grieving allows for honest expression and healing.

Memorial services

Gathering for a ceremony in memory of the person who died gives an opportunity for

friends and family to heal by mourning together. Memorial services allow you to honor your person with others who cared for them and will support you and your family in your healing.

Physical, emotional and mental health

Grief takes a toll on your physical, emotional and mental health. It is essential you care for yourself. You may notice that your thoughts feel muddled and find it difficult to make decisions. Your energy level and capacity for family or friends may be low.

Honor the wisdom of your body. When you feel tired, rest. Eat healthy meals, drink water and walk outdoors to help you to your next moment. Breathe. Don't expect to have the strength to do the daily activities you once did. You are experiencing a profound time of loss, and you are surviving. Give yourself the compassion that you need.

Loss as a spiritual wound

If faith is a part of your life, the loss of your loved one may feel like a wound to your soul. Your physical bonds with your person have been severed, and you may question your beliefs. Anger toward God or "why" questions are expected in grief. You may wonder where God was when your loved one died or why your prayers for their safety or healing weren't answered. Perhaps you find your faith stronger than ever and lean into your beliefs in deeper ways. Even if you believe you will see your loved one again someday, honoring and expressing your grief helps you heal.

Taking a break from grief

You may notice how you spiral in and out of the intensity of your grief. Experiencing moments of joy doesn't mean you don't miss your loved one. Grief can hold opposite emotions at the same time, and laughing is just as healing as crying.

Honoring your person

In time, decide how you wish to honor your person on holidays or other significant days, such as their birthday or death anniversary. Invite others to join you. You can also remember them with small everyday gestures, such as lighting a candle when you are missing them.

Finding support

The death of a loved one requires the support of others, now and always. Friends and family may want to help but don't know what to offer. Allow them to help in the ways that are most needed by you. This could include meals, running errands for you or doing yard work. It may be difficult to seek help, but leaning into support helps you heal. Support groups, like those offered at Jessica's House, are a way to be surrounded by others living through a similar loss.

