

# 4 Ways to deal with grief for 16 year olds

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## 01

### EXPRESSION AND FEELINGS

Expressing your feelings during grief is beneficial and can release stress. It can make you feel better internally, and can help both physical and mental health

Celebrating special days such as visiting them, birthdays, or anniversaries can help heal. Taking a day to celebrate and do something special in memory of them can help as well.

## 02

### CELEBRATING SPECIAL DAYS

## 03

### MENTAL HEALTH

Mental health during the grieving process is extremely important to take care of. Always make sure there are people to talk to, and that help can be asked when needed. Mental health matters in times like these.

Some ways to promote self care include: Going for a walk, reading a book, calling a friend, journaling, setting self goals, and meeting with a professional

## 04

### SELF CARE



M, E, N, T, A, L,

H, E, A, L, T, H,

M, A, T, T, E, R, S,