

**“I wake up
in the morning
and pretend it’s just been a
bad dream.”**

Grief feelings: These will come and go, and you may feel only some of them.

Shock/disbelief: “I wake up in the morning and pretend it’s just been a bad dream.” You feel in a daze, numb, empty. It can take a while for what has happened to sink in. Sometimes what has happened is so bad you don’t want to believe it’s true.

Sadness: You want to cry. It helps to let these feelings out when you feel them, rather than pushing them down. Afterwards you usually feel better and have a sense of relief.

Anger/blaming: You may feel angry. You may want to blame a particular person for the loss. Or you may blame yourself and feel guilty.

Yearning: “It’s hard for me to stop thinking about it, even when I’m trying hard to concentrate on what the teacher is saying.” There is a gap in your life where that person or thing once was. You understand that you can’t have things the way they were, but you think, talk and may dream a lot about it.

Out of control: “Why do I have to keep on crying all the time?” You may feel anxious because you suddenly have heaps less control over your feelings - tears want to spill out at any time. This will pass over time.

Physical Changes: Your body can feel grief too. You may feel generally unwell and have headaches, stomach aches, or get colds easily for a while. You may have a change in appetite or feel tired a lot.

If you have lost someone or something that was very important to you, you may feel grief for a long time. Sometimes grief can lead to an illness called depression. Depression is when you feel hopeless, angry or miserable all the time. You may think a lot about death and suicide, find it hard to concentrate or make decisions and feel that you don’t enjoy anything any more.

This is not a normal part of grief if it goes on for two weeks or longer. If you’re feeling this way it’s important to tell someone you trust so that you can get some help.

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keep on crying all the time?”**