

The background of the image is a photograph of a sunset. The sun is on the right side, partially obscured by a large, semi-circular, light-colored overlay. The sky is a mix of orange, yellow, and pink. In the foreground, there are dark silhouettes of trees and foliage. The title 'Grief Journal' is written in a large, bold, black serif font, centered within the semi-circular overlay. Below the title, the words 'FOR TEENS' are written in a smaller, black, sans-serif font, also centered within the overlay.

Grief Journal

FOR TEENS



Welcome to My Grief Journey

This journal is designed to help you navigate your feelings and experiences during this difficult time. Grief can be overwhelming, but writing about your thoughts and emotions can provide comfort and clarity. Use this journal as a safe space to express yourself and find healing.

Understanding Grief

What is Grief?

Grief is a natural response to loss. It's a process that involves a range of emotions, including sadness, anger, confusion, and even relief. Everyone grieves differently, and there's no right or wrong way to experience it.

Common Feelings and Reactions

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- Sadness or Depression
- Anger or Irritability
- Confusion or Forgetfulness
- Guilt or Regret
- Physical Symptoms like Fatigue or Headaches

Myths and Facts About Grief

- **Myth:** You should be over it by now.
- **Fact:** Grief doesn't have a set timeline. It's a personal journey that takes time.
- **Myth:** Crying means you're weak.
- **Fact:** Crying is a natural way to express and release emotions.

Daily Journal Prompts

DATE

Today I feel...

Something that made me smile today was...

One thing I'm grateful for today is...

Reflective Prompts

Describe a memory you have with your loved one that makes you happy.

What do you miss the most about your loved one?

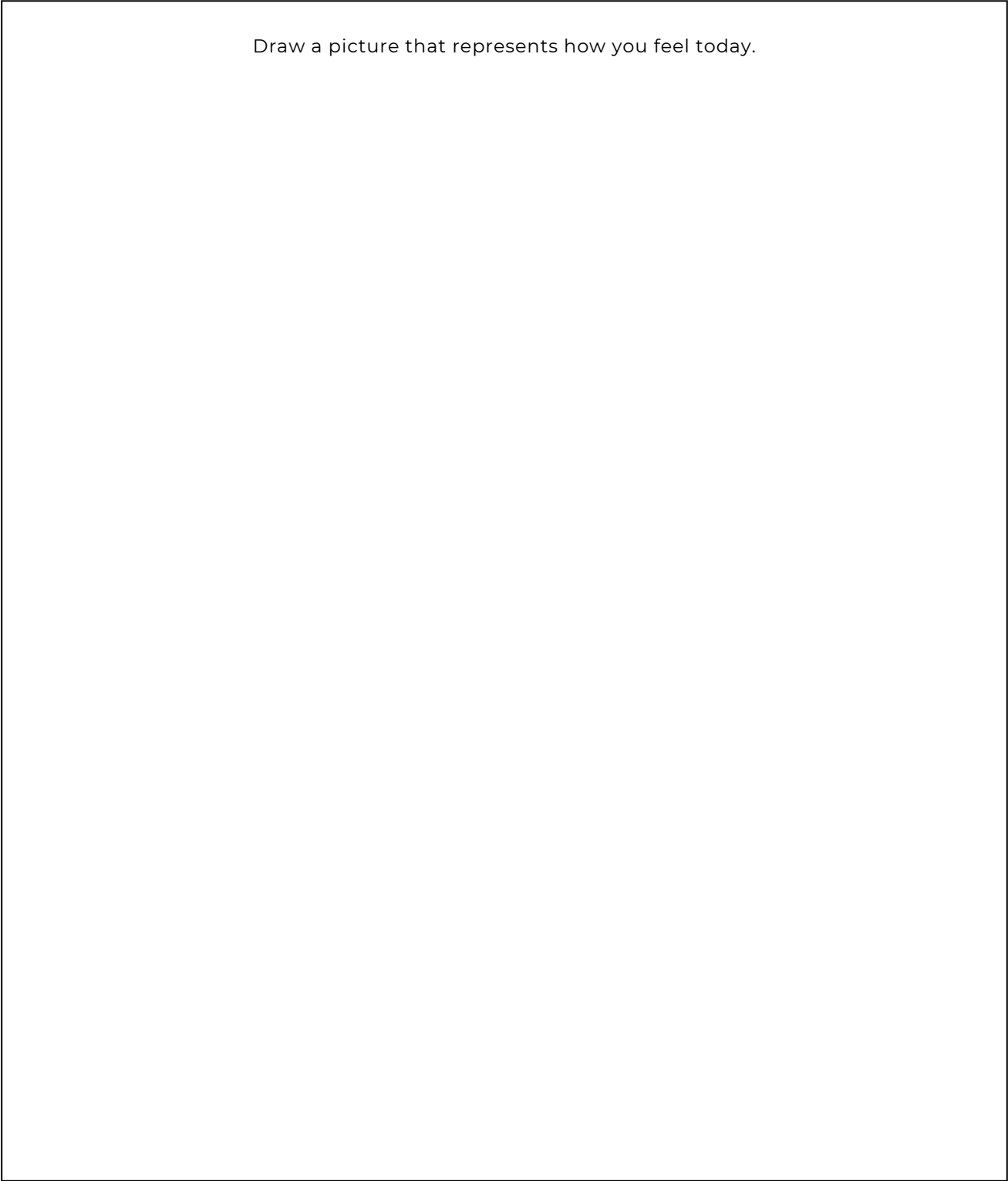
How has your life changed since your loss?

Write about a time when you felt supported by someone.

GRIEF JOURNAL FOR TEENS

Creative Expression

Draw a picture that represents how you feel today.



GRIEF JOURNAL FOR TEENS

Creative Expression

Write a poem about your grief.

GRIEF JOURNAL FOR TEENS

Creative Expression

Create a song that expresses your emotions.



GRIEF JOURNAL FOR TEENS

Creative Expression

Use this space to doodle or draw whatever comes to mind.



GRIEF JOURNAL FOR TEENS

Coping Strategies

Tips for Managing Difficult Emotions

- Talk to someone you trust about your feelings.
- Engage in physical activities like walking or sports.
- Practice mindfulness or meditation.
- Keep a routine to provide structure to your day.

Healthy Ways to Cope with Grief

- Journaling your thoughts and feelings.
- Creating art or music.
- Spending time with friends and family.
- Participating in activities you enjoy.

Relaxation and Mindfulness Exercises

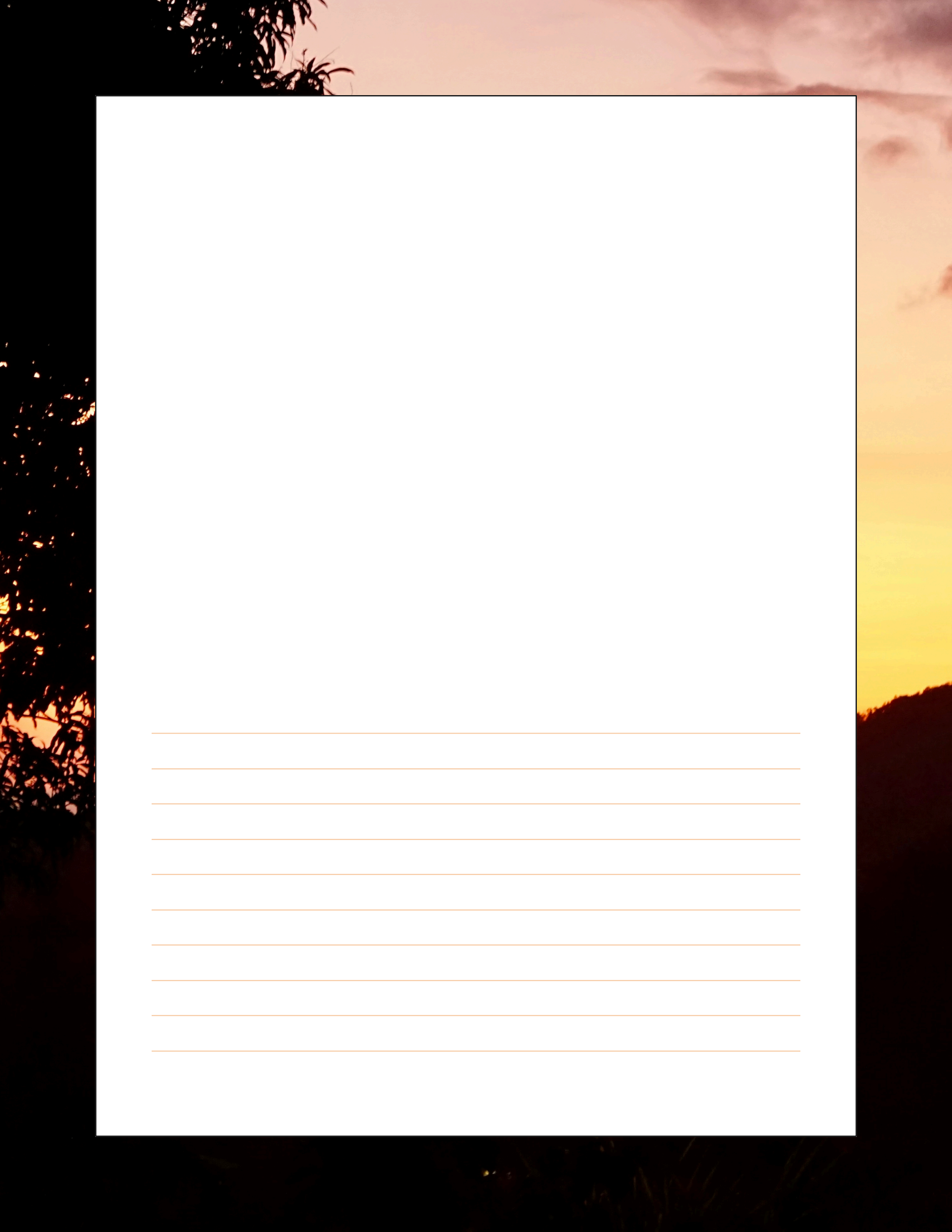
- Deep Breathing: Take slow, deep breaths in and out.
- Guided Imagery: Imagine a peaceful place where you feel safe and calm.
- Progressive Muscle Relaxation: Tense and then relax each muscle group in your body.

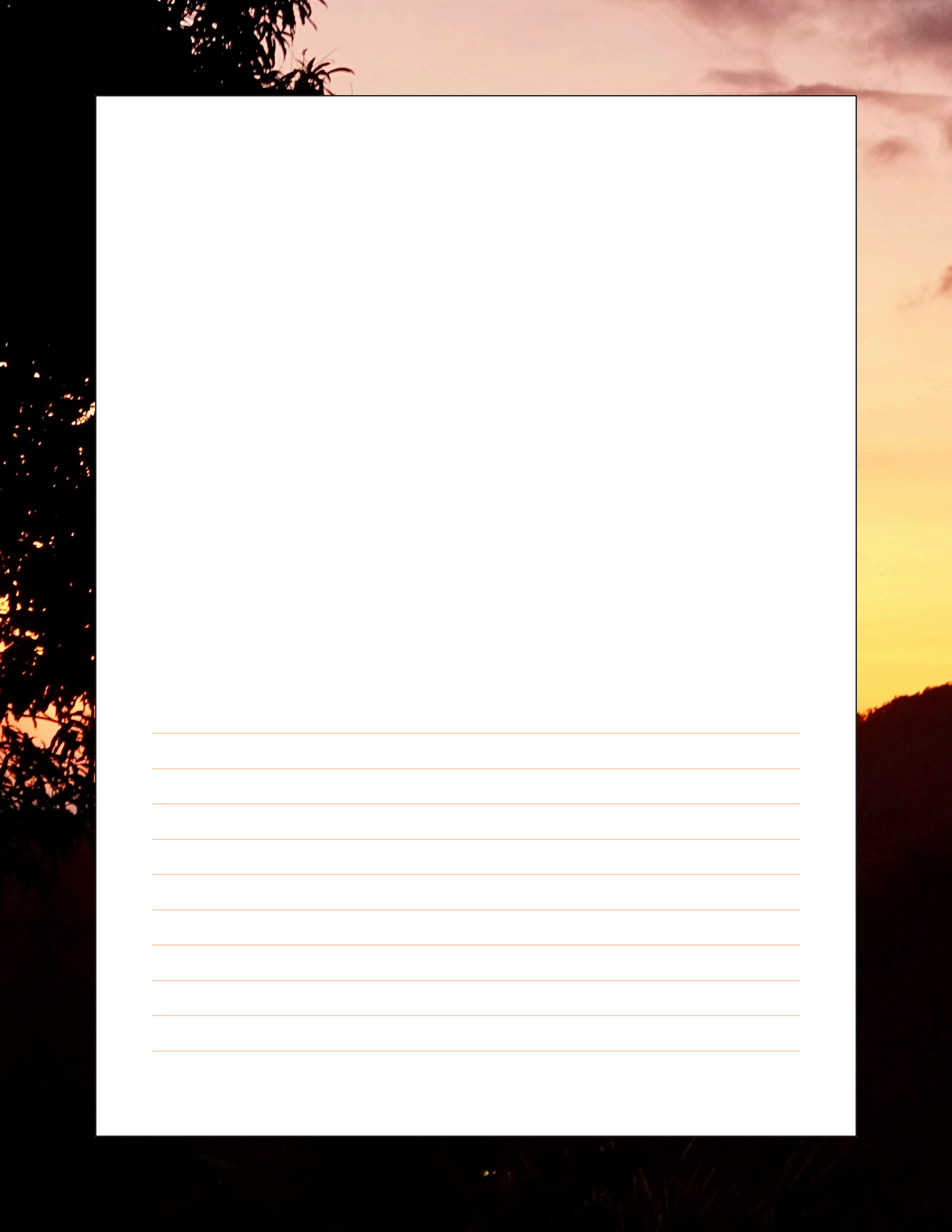
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Memory Pages

Write about a favorite memory with your loved one.
Include a photo or draw a picture related to this memory.







GRIEF JOURNAL FOR TEENS

Support Network

WHO CAN YOU TALK TO WHEN YOU'RE FEELING SAD?

List the names of people who support you.

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Support Network

WRITE A LETTER TO YOUR LOVED ONE.

Express what you wish you could say to them.

Support Network

CREATE A SUPPORT PLAN

Who can you call if you need help?

What activities can you do to feel better?

Future Planning

HOPES AND DREAMS FOR THE FUTURE

What are some things you hope to achieve in the future?

How can you honor your loved one's memory as you move forward?

Future Planning

SETTING PERSONAL GOALS

List three goals you want to achieve.

What steps can you take to reach these goals?

Future Planning

STEPS TO MOVE FORWARD

What small steps can you take each day to feel better?

How can you continue to take care of yourself?