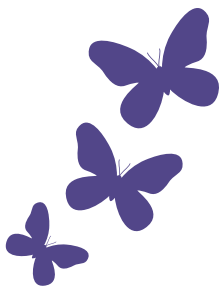


# Grief reactions

in children, adolescents and teens



## **CHANGES IN THE BODY**

Upset stomach, digestive issues, headaches, lack of energy, more illness, changes in sleep, rashes or hives, changes in eating, feeling dizzy, muscle aches or weakness



## **CHANGES IN FEELINGS**

Feeling like things won't get better, sad, helpless, shock, overwhelm, resentment, numb or empty, with no emotions, relief, guilt, anger, embarrassed, anxious, moody



## **CHANGES IN BEHAVIORS**

Acting out, fighting with others, temper tantrums, keeping to yourself, drop in grades at school, crying easily, very active, nightmares, risk-taking behaviors, more focused on an activity, schoolwork or a job, bed-wetting or accidents, saying they feel sick, baby talk, poor self-care, separation anxiety, need more attention, acting like an adult, taking on the roles of a caregiver or an adult



## CHANGES IN THINKING

Hard to focus, hard to make choices, daydreams, thinks about death



## CONFUSION AND QUESTIONS

Denial, disbelief, questions about the death, confusion about God, religion and meaning of life, asking “why”



## COMMON FEARS

Being away from a caregiver, fear of others dying, fear of dying, fear due to changes in routine



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