

# LOSS & GRIEF

REAL TEEN ISSUES

CITYREACH | CEDAR CARE CENTRE



**IF YOU HAVE JUST LOST SOMEONE YOU LOVED DEARLY YOU WILL BE EXPERIENCING ONE OF THE HARDEST TIMES OF YOUR LIFE. YOU MAY EVEN WONDER IF YOU WILL BEGIN TO ENJOY LIFE AGAIN.**

This heavy sadness is not forever. Despite how you feel now, you can be sure that, even if your life can never be the same, you will eventually get through this and begin enjoy life again. But it will take time and it can help to understand what is happening.

## ***What is happening?***

We experience loss when someone or something has been taken out of our life. The way in which we work through the thoughts and feelings connected with our loss is called grieving.

When you grieve you may:

- Experience shock or a sense of disbelief
- Feel sad
- Feel hurt or confused
- Feel angry or afraid
- Feel guilty or blame others
- Feel empty or lonely
- You may not sleep well
- You may lose interest in eating or doing things you usually enjoy
- You may want to be left alone or fear being alone

## *Ways of coping*

- It is helpful to be able to talk with others about how you are feeling and to share memories with those who share your loss.
- It is important to realise though that people grieve differently so you might find that those close to you don't behave as you'd expect. This does not mean that they do not care.
- Try to eat healthy, exercise and get enough sleep.
- Allow yourself quiet time for reflection and rest.
- Find your own personal way of expressing your thoughts and preserving memories – a scrapbook / journal / song / poem.

# A GOOD OUTCOME...

You may begin to think a lot more about death and have some questions about what lies beyond. It is a good idea to pursue these questions because there are some very encouraging and comforting answers in the Bible where God has told us about his wonderful plan for life beyond death.

Have a chat with one of the CityReach Cedar Counsellors who will be happy to spend time with you. It may also be helpful to pick up and read through the LOSS & GRIEF Booklet from either

- the CEDAR Care Centre Waiting Area
- the CITYREACH Reception Desk



**CITYREACH | CEDAR**  
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