

Young Person's Guide to Coping with Bereavement

We experience bereavement when someone close to us dies. This might be a family member, friend or pet. There is not one way to react following a death, we are all different.



Statistics:

While we will all experience bereavement at some point during our lives, it is estimated that 92% of people will experience a significant bereavement before their 16th birthday (Child Bereavement UK).

10 TOP TIPS for coping with bereavement:

- 1 Talk to someone you trust.** Sometimes we can avoid talking as we don't want to cause upset, but talking and having someone listen can really help.
- 2 Ask questions.** If there is anything you are worried about or if you have any questions it can help to ask. Bottling things up can make us feel worse.
- 3 It's ok to feel mixed emotions.** It's normal to feel a range of emotions. It's ok to be upset or angry and it's ok to be happy and to laugh too.
- 4 Be patient.** We all cope better on some days than we do on others. Try to be patient with yourself and others and remember that we all react differently.
- 5 Stick to a routine.** Stick to a normal routine as much as possible. If you can go to school this can be a good way of providing routine.
- 6 Spend time with others.** Try to spend time with others relaxing or doing activities you enjoy. This can reduce stress and can help you to talk.
- 7 Think about saying goodbye.** It can help to feel included in planning to say goodbye. Activities such as writing a letter, lighting candles or visiting a special place can help.
- 8 Find opportunities to remember.** Find ways to remember the person who has died. One activity is to create a memory box filled with photos and special items.
- 9 Inform those around you.** If others are aware of the bereavement they can be sensitive and provide support if needed. An adult can help you to tell those who need to know.
- 10 Look after yourself.** Try not to feel guilty if you feel unable to support others who have experienced the bereavement, you need to look after yourself too. If you are concerned talk to your family, GP and/or school.

Self-help links:

- www.healthscotland.com/uploads/documents/154-When%20someone%20dies-October2018-English.pdf
- www.gcbn.org.uk/
- www.childbereavementuk.org/
- www.winstonswish.org/
- www.crusescotland.org.uk/
- www.hopeagain.org.uk/
- www.apartofme.app/ - App

