



Tides™



A SUPPORT PROGRAM FOR
GRIEVING CHILDREN, TEENS, AND
THE PEOPLE WHO LOVE THEM.

what not to do when you're grieving

Below are a few tips on what not to do when you are grieving the death of someone you love. You are going through difficult times. Embrace your feelings of grief in healthy ways so that in your own time you can move forward with hope and healing.

Don't...

- Avoid your pain and refuse to allow yourself to grieve
- Live in the past
- Ideal the person or your previous situation
- Refuse to make the necessary changes to move forward
- Dwell in self-pity. But allow yourself to feel pain while also making efforts to take healthy steps toward healing
- Lose respect for own body...remember to take care of your physical body by washing, having healthy eating habits, drinking ample water, and get exercise
- Remain withdrawn or run away from your feelings
- Rely on alcohol and/or other drugs
- Maintain unrealistic expectations of what friends should offer in comfort
- Resent friends with intact families
- Expect yourself to "get over it"
- Guilt over good days
- Cross bridges before you get to them instead of taking one day at a time.
- Condemn yourself
- Underestimate yourself
- Get involved in a serious relationship before you are really ready. (if you lost a significant other)

Tides, Inc.

P.O. Box 1251 • State College, PA 16870 • tidesprogram.org • info@tidesprogram.org