10 THINGS TO TRY WHEN THE GRIEF TIDE ROLLS IN

1. Remember to breathe. When we get tense we tend to hold our breath or have short, shallow breaths. First, notice that you are breathing and then try slowing it down, breathing more into your belly, and exhaling a little longer than you inhale.

2. Move your body. This doesn't have to be a sport (but it can be) — take a walk, do a push up, dance, or just jump up and down.

3. Call or text a friend. Pick ones who know how to show up and listen — or will at least send you a cute animal video.

4. Write it out. Forget spelling and grammar, there are no grades in grief.

5. Get messy — draw, paint, collage. Sometimes grief doesn't have words and art can be a great way to get out the feelings that don't always make sense. It's not art class, so don't worry about making it look a certain way.

6. Make room for whatever feelings are coming up. If you try to push them away, they will probably just push back harder. Feelings change and they won't last forever. Grief has no timeline, but it really does change over time.

7. Be kind — to yourself. You know that voice that sometimes gives you a really hard time? It might sound strange, but you can talk to that criticizing voice and ask it to tone it down. "Hey, I hear you, you're worried I'm doing this wrong, but really, I'm not. I'm doing the best I can right now, but thanks for your input."

8. Be a good friend — to yourself. Experiment with telling yourself you can do this, even if you don't know what you're doing! You might be feeling emotions you've never had before or doing things for the first time and all of it is happening without the person who died. Take a moment to acknowledge how new and different this is and tell yourself, "Even if I'm overwhelmed right now, I will figure this out." And then...

9. Ask for help. We know, this one can be really hard and scary to do. Keep it simple and remember that people usually want to help, they are just waiting to be asked.

10. Take time to celebrate whatever is going well. When you're grieving it can be hard to make space for feeling good. You might feel guilty if you find yourself laughing or having a good time. Taking a break from grief doesn't mean you love or miss the person any less.

SOS (GETTING MORE HELP)

One last (but important) thing. Grief can be really hard — and it can make other things that were already hard seem impossible. Sometimes, grieving teens need more help. If you are struggling with school, eating, or sleeping, or if you're thinking about hurting yourself or others, talking to a real human person can be one of the best ways to get help. You can start with a friend, a family member, a trusted teacher or counselor, or a crisis line such as Youthline, a peer-to-peer crisis line for teens. You can call them at 877-968-8491, text them by sending teen2teen to 839863 between 4pm and 10pm, or chat online at OregonYouthLine.org. One more option: the Crisis Text Line can be reached by texting HELLO to 741741. Whether you connect with a crisis line or a person in your life, please do reach out to someone when you're struggling — you matter, and you deserve help and support!