

Dove Service



Why do I feel so sad?

An information leaflet on bereavement for children and young people.

This information is based on what children and young people like you have told us about how they felt when someone they know has died. We are all affected by someone's death, or the death of a pet, and the feelings can be strong and confusing. Sometimes we feel like we are going crazy, but these feelings are normal and natural.

My body hurts!

It is common for our bodies to hurt when someone dies, you might experience some or all of these things. If they go on for a long time you do need to tell someone - like a parent, teacher or doctor.

Aches and Pains

Headache

Lazy

Can't think straight

Shaky Restless

Not hungry

Fidgety

Forgetful

Tired

Hungry

Sick

TWITCHING

Nightmares

Tummy ache



My head hurts!

Numb

Lonely

Relief

Confused

Strong

Shock

Angry

Sad

HAPPY

Guilty

Worried

Brave

Shame

Grumpy



When someone dies we can feel as though our heads are too full and we experience lots of confusing feelings.

Don't be afraid to cry, things may seem bad now, but as time goes on you will find you can cope with your grief.

What you are feeling now is normal and natural.

It might take a while, but things will start to feel better. Grief can feel very lonely, but remember that other people are feeling it too and you can share your feelings with them.

You can grieve together.

What can I do?



You could try talking to someone you trust about how you are feeling, they might understand more than you think.



You could draw a picture, write poems or songs, or write a letter to the person who has died to express your feelings.



You could make a memory box or book and fill it with pictures or objects that remind you of the person who died.



Remember! It is OK to cry and feel sad. But it is also OK to play and have fun with your family and friends.

If you go on feeling sad and people start to worry about you, you might need to talk to someone like a counsellor. To arrange counselling, please get in touch or get someone to call us for you.

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