

# HOW TO BE A HERO TO YOURSELF: FOR TEENS

WHEN SOMEONE IMPORTANT TO YOU DIES, IT TAKES AN INCREDIBLE AMOUNT OF STRENGTH TO DO ALL THE THINGS YOU NORMALLY DO. HERE ARE SOME SIMPLE THINGS TO TRY TO BE YOUR OWN HERO.

## **MOVE YOUR BODY**

Dance, run, play sports, clean, stretch or punch a pillow. A little movement goes a long way.

## **RECHARGE YOUR BATTERIES**

Try to get plenty of sleep, eat healthy, energizing foods and drink plenty of water.

## **REMEMBER TO BREATHE**

Take some deep breaths. Start by noticing your breath and try to slow it down. Breathe out a little longer than you breathe in.

## **SLOW DOWN**

When it feels like everything is moving too fast, take a minute to move slowly, sit in a quiet space or listen to soft music.

## **USE SUPPORTIVE SELF-TALK**

Talk kindly to yourself like you would talk to a friend. Try saying: "you can do this", "you're doing the best you can in this moment", or "you will figure this out".

## **IDENTIFY YOUR STRENGTHS**

Do something you're good at, whatever that may be, and celebrate small wins. It could be as simple as making it to school on time, remembering homework, helping a friend or scoring a goal at soccer.

## **STAY CONNECTED**

Choose an object or make something to remind you of your special person. It may be something of theirs or a special stone you find. Keep it with you to feel connected whenever you need it.

## **IDENTIFY SUPPORTIVE ALLIES**

Look for the people in your life you trust who you can talk to and will show up to listen. You may need different people for different needs (someone to talk deeply to, make you laugh, and/or be a cheerleader).

## **USE CREATIVE OUTLETS**

Express yourself through art, journaling, drawing, dancing, or listening to/playing music. Remember this is just for you, so don't worry about how it looks or sounds.

## **KNOW THAT BEING EMOTIONAL IS OK**

Sometimes you just need to cry. Don't be afraid to release emotions and let it all out. Find safe ways to do this. Examples: cry with a family member/friend or squeeze a stress ball.

# HOW TO BE A HERO: TO YOUR GRIEVING FRIEND


Maybe you're reading this page because one of your friends just had a loved one die and you are wondering how to help. First and most important, please find a trusted adult to support you and your friend during this difficult time. Also know, the thing your friend might want most is just to have you to play with. Here are some other ways to support them.



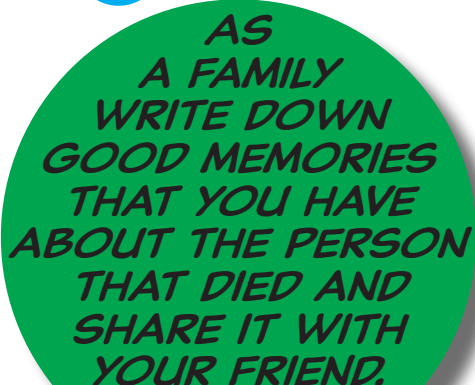
**TALK TO A TRUSTED ADULT ABOUT HOW TO BEST SUPPORT YOUR FRIEND.**



**BAKE YOUR FRIEND COOKIES**



**WRITE YOUR FRIEND A NOTE TO LET THEM KNOW YOU ARE THINKING ABOUT THEM.**



**AS A FAMILY WRITE DOWN GOOD MEMORIES THAT YOU HAVE ABOUT THE PERSON THAT DIED AND SHARE IT WITH YOUR FRIEND.**



**HAVE YOUR FAMILY HELP YOU BRING YOUR FRIEND AND HIS/HER FAMILY GROCERIES OR A MEAL.**



**INVITE YOUR FRIEND TO HANG OUT.**

## **Taking Care of Yourself**

Being with our friends who are sad can make us sad. If this happens, be sure to do something that helps you feel better. You can ride your bike, read a book or go on a walk. Also talk to a trusted adult about what you are feeling and let them support you.