

Grieving the loss of A parent

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Whatever
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Losing a parent is one of the hardest things a person can go through. But losing a parent when you're young...It can feel like the end of the world.

Every person's grief is different. Some people feel horrible at the time but feel better as time passes. Some people feel fine at first but later on it starts to hurt.

One thing is true for everyone: **The loss of a parent never goes away.** It can get easier to deal with over time, but it will always be a part of your story. No matter who your parent was, if they were good or bad to you, they were a part of your life - so losing them means something.

There is no right or wrong way to grieve. You might feel sad, angry, guilty, scared, tired, relieved, or a million other things. Whatever you feel, that's OK.

As time passes, you will find your own ways to cope.

It helps to **talk to someone**, like a friend or family member who remembers your parent too.

Maybe you prefer to **write** down your own feelings, or write letters to the person you lost.

Maybe it helps to **run, dance or play soccer.**

Maybe you want to **draw or paint** something, go **visit** their grave, or to go somewhere they used to love.

Whatever you do, **let yourself grieve the way you need to.**

If you need someone to speak to for advice about dealing with the loss of your parent or loved one, ask an expert on www.bwisehealth.com

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