

TEEN HEALING

Eagle Ranch Academy healing
program and information

Steps to Help a Teen Recover from Grief or Strife

PRINCIPLES OF TEEN GRIEF

NATURAL REACTION PRINCIPLE

Grief is natural for a troubled teen, but some might not feel it is natural. Support your teen and show them how much you love them.

UNIQUE PRINCIPLE

Each grieving teen process is different, one from the other, and so they cannot be pinpointed exactly, but sadness and crying is common.

RIGHT AND WRONG PRINCIPLE

Let your teen know there is no right or wrong way to experience grief, there is no correct pattern, because everyone heals differently.

ONGOING PRINCIPLE

Grief is ongoing, but will have calm times and crazy times, this is common and should not be worried because grieving will change.

TAKE 5 MINUTES, TIME IT ON YOUR WATCH, AND WRITE DOWN EVERYTHING YOU ARE THANKFUL FOR. THEN READ IT ALOUD TO A FAMILY MEMBER TO PROMOTE WISHFUL THINKING.

When you find yourself thinking sad thoughts, cognitively tell your brain to start thinking of something you love to do, like playing a sport or playing an instrument.

If you get caught up on one thing too long, take a deep breath, tell your body to relax, and call a friend or a family member.