

# WAYS TO EXPRESS YOUR FEELINGS

When you are grieving you will experience a range of feelings – these could be sadness, despair, guilt, frustration and anger. There is no right or wrong way to feel but what is important is how you express those feelings. Here are some ways that you could try:

## WRITING THEM DOWN

When you don't feel able to talk about your feelings, writing them down can be a good alternative. You could keep a journal or write a letter, writing down your feelings, things you wished you'd said to the person who has died or maybe things you miss about that person. This could be just for you or you could share it with someone close to you – it's up to you.

## LISTENING TO MUSIC

Finding music that really connects with how you are feeling can be a helpful way to let out difficult thoughts and feelings. These could be your favourite songs, songs that make you happy or sad or maybe songs that remind you of the person who has died. You could create a playlist to listen to at certain times, for example if you're having a bad day or want to remember your important person.

*"Music has helped me enormously as both a way to escape, but also as a way to face my emotions head on. I've found song writing massively cathartic and it's really allowed me to articulate my feelings and let them out in a positive way." Conor*

## DOING EXERCISE

Channelling your emotions through physical activity can really help release the pressure valve. Yoga or a walk might help you relax your mind and body and focus on other things. Running or going to the gym might help you to release your anger or anxiety. Find out what works for you. Exercise also releases endorphins (feel good hormones) which may help to lift your mood.

*"I liked to cut out pictures of magazines and stick them in a scrapbook. Some of the pictures were things I liked, or words that described how I was feeling. It felt like a way to put into pictures how I was feeling about my dad's death." Jack*

## CONNECTING WITH OTHERS

Grief can leave you feeling isolated and different from others as they continue on with life as before, but spending time with people can help how you feel. You could spend time with a friend or your family or connect with other people who have been bereaved. Don't put pressure on yourself to attend social events if you don't want to, but remember that it's ok to have fun with your friends.

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