

“It’s Okay” List

“It’s Okay”....

To cry

To feel sad

To want to talk about your loved one

To be tired and need extra rest and sleep

To ask “why?”

To be mad that this happened

To think of fun and happy memories

To want to talk to your loved one who passed away

To talk to your loved one even though you can’t see them

To ache in your body

To have strange dreams

To have difficulty focusing on your schoolwork

To be frightened by the changes in your life

To write a letter to your loved one telling them all the things you wanted to say to them

To look at their picture often

To want to keep some of their personal belongings

To think about happy and fun memories together

To want the hurt to get better... One day it will