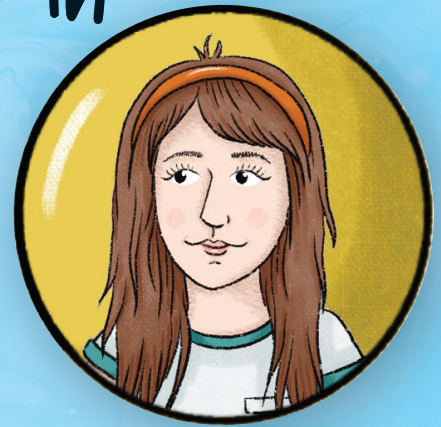


# Alex's 'Top 10 Tips' to help you if someone important in your life has died



1. It's completely normal to get upset and emotional when someone you love dies. Your life can change a lot without them, but be patient, as things will be ok.

2. Talk to an adult you trust and who you feel comfortable with. It can often be hard to tell people (especially your parents or carers) how you're feeling, but open up to them if you can, as they will want to help you. Most adults try to help, but they sometimes need ideas about how it's best to support you.

3. It's ok to cry – even if you only do so when you are on your own because you don't want anyone to see you. Getting emotional is a way of expressing how we feel. Adults cry too, and that's ok.

4. Write down your thoughts and feelings – it really helps. Get yourself a journal or notebook and write down how you feel, as well as your memories of the person who has died.

5. Make a memory box and fill it with items that will help you remember the person who has died.

9. Always ask questions if there is anything you're not sure about or don't understand when someone dies. There is never a silly question.

10. Always do what feels right for you. Only you will know what that is.

6. Ask for a 'time-out card' at school or college, even if you choose not to use it. It will help just knowing you can leave the room if things ever feel tough. It doesn't mean you're weak – it means that you may need five minutes to yourself to help you cope with your emotions.

7. Discuss with your family different ways you can remember the person who has died. They might like your ideas, and it feels good when you can remember the person together. You can share stories and memories, and that may help you.

8. If you have pets, they can really help you to feel better. Spend time looking after them, cuddling or stroking them. Remember, you can tell your pets anything – they can't tell anyone else and they don't judge you!