

# CONNECTIONS

## FOR TEENS

  
HopeWest  
HopeWestCO.org

### Memories

#### Will I forget my loved one?

One of the fears teens often share is, “will I forget him/her?” Of course not! You will always have memories of your loved one. Some memories will be happy, some sad. Some memories will be about activities the two of you shared; maybe a conversation, a favorite vacation, or special gift.

All of these memories can bring you happiness and sadness. That is OK. Even while alive, that person probably made you feel happy, mad, or sad. Memories are no different. It is normal and OK to have a jumble of memories with a mixed bag of feelings. Hey! This is real life!

#### What if I keep having bad memories?

It is not unusual, especially at first, to have memories of how sick your loved one was, or how you found out about the death or some other traumatic memory about your loved one. This is normal. It is your way of beginning to understand this really has happened. Talking about these memories to a loved one, friend, or counselor can help you work through the grief process. Usually, these memories begin to fade with time and other more balanced and pleasant memories begin to surface.

#### How do I keep memories alive?

There are lots of ways teens keep their memories alive. Some teens like to make a memory book. You can include things like your favorite pictures of your loved one and special memories. You may also write out some of your memories, your feelings, things you wish you would have said (or wouldn't have said.) This can help you, especially when you feel like you didn't get to say everything you wished.

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**Memories are a new way of relating to our loved one who has died. It is through our memories that we know our loved one will always be a part of who we are.**



**Remembrance is a form of meeting.**  
**-Kahlil Gibran**

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Some teens like to involve the family in keeping memories alive. You may want to ask your relatives to write down their favorite memories of your loved one. Or make a “memory box” to collect special mementos from each family member. They can go through the mementos on special dates or whenever they need to remember.

Some teens like to get creative in remembering their loved one. You could learn how to make a quilt, using some of your loved one’s clothes. You may draw expressive pictures in memory of your loved one, compose a piece of music, or make a special playlist of your loved ones favorite songs. Be as creative as you want to be.

## Coping Corner

### Ideas You Can Use to Help Your Grief Heal

-- 1 --

**Share your memories.**

We often feel better when we share. It makes us feel less alone, it helps make the memory more “alive,” and we also may be reminded of things we may have forgotten.

-- 2 --

**Ask others to share their memories of our loved ones with us.**

One teen said, “The best thing anyone did for me after my brother died was to share their memories of him with me.

I learned things he did and said I never knew about before. I liked that.”

-- 3 --

**Participate in things your loved one did.**

Listen to their favorite music or go to their favorite restaurants. These things can help you keep memories alive.

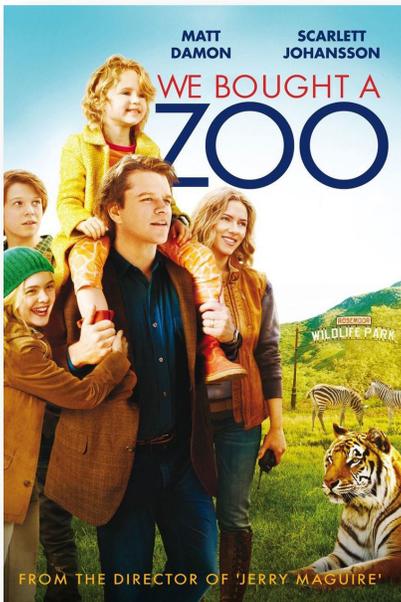
-- 4 --

**Hold a ceremony of remembrance on an important date.** Celebrate the person’s birthday, anniversary, your birthday, etc.

You can do it just for yourself or invite other people to join you. You can listen to music that he/she liked or that reminds you of him/her.

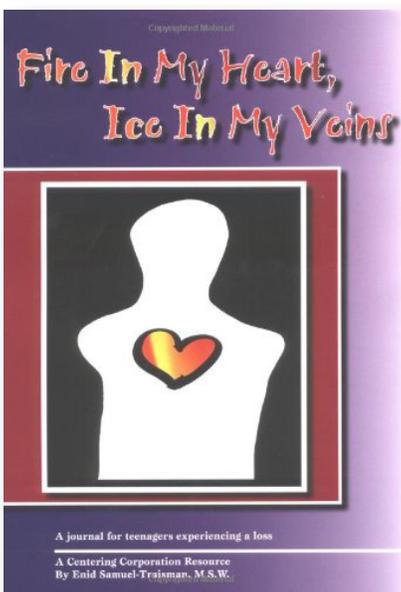
You can read a poem or something that reminds you of them. You can display his/her picture and talk to them about how you are doing and how much you miss them.

# This Month's Helpful Book & Movie



## **Movie:** ***We Bought a Zoo***

Following his wife's untimely death, Los Angeles journalist Benjamin Mee (Matt Damon) decides to make a fresh start by quitting his job and moving his children (Colin Ford, Maggie Elizabeth Jones) to an 18-acre property containing the Rosemoor Wildlife Park. Though closed for years, Rosemoor is still home to many animals, cared for by Kelly Foster (Scarlett Johansson) and her small staff. Mee opens his heart and his checkbook as he, Kelly and the others work to renovate and reopen the zoo.



## **Book:** ***Fire in My Heart, Ice in My Veins: A journal for teenagers experiencing a loss.*** **By Enid Samuel, MSW**

This book is a journal for you to record your grief journey. Each page has a statement to get you started. Some statements are about your loved one who died; some are about your thoughts or feelings. If you would like to try journaling but feel unsure about how to begin, this is a great get-started book. Give it a try!

