

EXPRESSIONS OF GRIEF AND STRESS

Students may exhibit the following behaviors:

- Stare blankly and find speaking difficult
- Tear-up or cry profusely.
- Unusually quiet, low energy or lethargic
- Are irritable, loud, bossy or angry.
- Words or actions may easily hurt feelings.
- Forget normal routines and expectations.
- Have difficulty focusing and concentrating.
- Act silly or find ordinary things very amusing.
- Become overly active, anxious and nervous.
- Be overly attentive or vigilant of others and may become over protective of a peer or teacher.
- Appear unaffected as if having a normal routine day.
- Want to withdraw and wish to be alone.
- Have a need for physical closeness or demonstrate “clingy” behavior.
- Unable to sleep, over sleep or only able to sleep intermittently.
- Exhibit a flight response by quickly leaving an area without notice, a plan of action or regards to safety.
- Describe feeling sick to stomach, head hurting, mild to severe pains, sweating, and strong thirst.
- Change routine eating habits...loss of appetite or over eating.
- A need to talk about the situation/death frequently may have many questions and repeat the same questions often.
- Show regression behaviorally or emotionally (bedwetting, thumb-sucking, etc.).
- Feel guilty or blame self...“If only I...”

