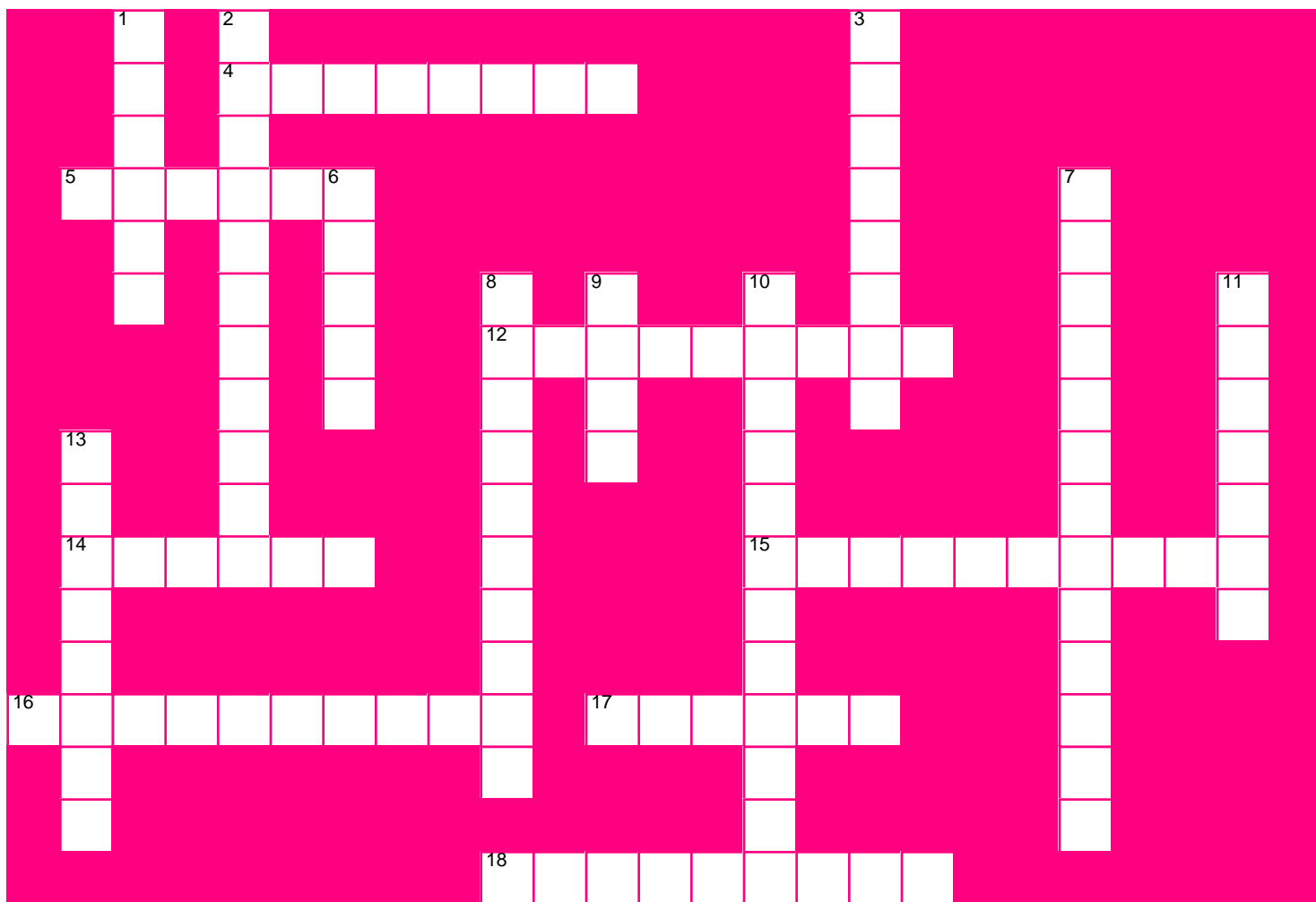


# Grief



## Across

4. Name one healthy way to deal with the extra energy caused by anger and frustration.
5. What does the "S" in "PTSD" stand for?
12. \_\_\_\_\_ trauma involves extremely painful feelings.
14. What term refers to the emotional numbness that can be caused by grief?
15. Another name for the unusual fatigue that can accompany grief is \_\_\_\_\_.
16. Name the phase of grief in which people feel confused or overwhelmed as they try to get back to day-to-day living.
17. What important thing can be found behind and beneath every loss?
18. When people don't think things will ever get any better, we say they are \_\_\_\_\_.

## Down

1. What is the most important thing you can do to help someone who is grieving?
2. The journey we take as we deal with the feelings associated with grief is called \_\_\_\_\_.
3. \_\_\_\_\_ trauma involves serious bodily injury.
6. Name the phase of grief in which people might actually deny the loss even happened.
7. Having too much energy is sometimes known as \_\_\_\_\_.
8. Name the phase of grief in which people begin to adjust to the changes caused by loss.
9. Grief is defined as a bunch of feelings that occur after a \_\_\_\_\_.
10. Shock, fear and worry, helplessness, isolation, and \_\_\_\_\_ are all common feelings associated with grief.
11. Name one good way to express feelings.
13. Name the phase of grief in which people talk about the loss over and over.