

STUDENT 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 typical 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 overprotective of a peer or teacher.
- Appear unaffected as if having a typical routine day.
- Want to withdraw and wish to be alone.
- Have a need for physical closeness or demonstrate “clingy” behavior.
- Experience changes in sleep (unable to sleep, over sleeping, 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 overeating.
- A need to talk about the situation/death frequently with many questions or repeating the same questions often.
- Show regression behaviorally or emotionally (bedwetting, thumb-sucking, etc.).
- Feel guilty or blame self. “If only I...”



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