

GRIEVING THE LOSS OF NORMALCY

Prepared for NAMI NJ

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SELF-CARE & DISCLAIMER

- If the content of this webinar is distressing to you, please walk away and take a few minutes. We will be here when you get back!
- We will be discussing an overall societal grief experience today, not any specific losses associated with death.
- Any seemingly political statements are written for the purpose of understanding our experience, not to judge.

WHAT I AM HEARING....

"I just feel so lost. I can't even think clearly. I'm exhausted. I can't even get off the couch.""

"When this ends, I swear, I'm never going to take my job for granted again"

"I keep waiting for another shoe to drop... like everyday something worse is happening."

WHAT I AM HEARING....

"This is _____ fault.
They should have
never _____."

"I think this is being
blown out of
proportion. This
can't be really that
bad."

"I am safe and
healthy. Why do I
still feel so bad? I
should be more
grateful"

STAGES OF GRIEF (ACCORDING TO KUBLER ROSS/KESSLER) IS.....

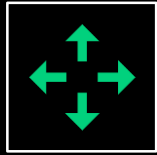
- DENIAL
- ANGER
- BARGAINING
- SADNESS
- ACCEPTANCE
- MEANING

- For more information on stages of grief, research Kubler-Ross/Kessler

GRIEF



LOSS



ADJUSTMENT



CHANGE



UNCERTAINTY



RELEARNING



EXHAUSTING



ANTICIPATORY GRIEF

- “What’s Next?” “What if?”
- Images/Dreams
- Fears

- Overwhelming anxiety-> withdrawn

BATTLING ANTICIPATORY ANXIETY

- Stay present in the moment
 - Research and apply mindful strategies
- Remind yourself of what is- “I am safe.” “I am home.” “I have food.” etc.
- Challenge thought distortions
 - After thinking “I’m going to get sick”- challenge that thought with “I am doing everything in my power to stay healthy”
- Focus on the Can -----not the CAN’T
 - I can wash my hands. I can stay home. I can _____.
 - “Let go” of what you can’t control
- Avoid Triggers- Choose your exposure and your lens

Choose your exposure and lens



When I was a boy
and I would see
scary things in the
news, my mother
would say to me,
**'Look for the
helpers. You
will always find
people who
are helping.'**

Fred Rogers

● USA TODAY





WHAT ARE YOU MISSING?

- Work/school
 - Friends
 - Family
 - Events
 - Hugs
- Fancy Coffee/Shopping
- Convenience of supplies



STEP ONE- VALIDATE YOUR EXPERIENCE

STEP TWO- LISTEN DEEPER AND LABEL

STEP THREE- SUBSTITUTE IF POSSIBLE
(EVEN PARTIAL SUBSTITUTION HELPS)

WHAT ARE YOU REALLY MISSING?

- Work/school=STRUCTURE/PURPOSE/STIMULATION
 - Friends= CONNECTION
 - Family=BELONGING
- Holidays/Events=JOY/PREDICTABILITY
 - Hugs=REASSURANCE/COMFORT
- Fancy Coffee/Shopping=DISTRACTIONS/ALONE TIME
 - Supplies=ACCESS/SAFETY FEELINGS

WORK/SCHOOL=STRUCTURE /PURPOSE/STIMULATION

- STRUCTURE: Make a schedule- keep it simple
 (plan meals, and chunks)
- PURPOSE: Pick an attainable daily accomplishment
- STIMULATION: Get off the screens at least 3x a day!
 Use proprioceptive coping strategies

Today's Goal:	KIDS (Go outside 2 x)	MOM Go outside 1x
9am-	Breakfast	Coffee
9:30am-	Lessons start	Shower
10-12-Chunk 1-	Lessons	work
12noon-Lunch		
12-3-Chunk 2-	Finish lessons	work
3-6-Chunk 3-	Free time	House work
6pm-Dinner		
6:30-7:30-Chunk 4-	Family time	Family time
7:30pm-	Shower and Bed	Free time

STIMULATION: PREVENTATIVE OUTPUT

(AKA SENSORY DIET)

- Daily application of stimuli of preferred channels to reduce overstimulation and increase healthy brain chemistry
- (proprioception is best!)



EXAMPLES OF PREVENTATIVE OUTPUT (PROPRIOCEPTION)

Walking/biking to
school or activities

Swimming 2x week

Deep pressure-
hugs, snuggles,
wrapping in
blanket

Chewing gum/
sucking straw/
chewy

Carrying heavy
objects- bookbag,
weighted vest,
trash takeout, etc.

Pushing/pulling
wagon, stroller, 5
gallon water
bottles, tug of war

Jump rope,
trampoline,
hopscotch, pogo
stick

Monkey bars, pull
up bar, rock wall

Crab walk,
wheelbarrow walk,
pushups, weight
lifting

Theraputty, stress
ball, fidget



FRIENDS/ FAMILY= BELONGING/CONNECTION

- Reach out and call someone
- Connect to memories through photos
- Schedule zoom meetings/game nights
- Netflix together
- Write a letter



HOLIDAYS/EVENTS
=JOY/PREDICTABILITY

- VALIDATE/VALIDATE/VALIDATE
- PLAN FOR THE FUTURE
- TALK ABOUT WHAT WOULD HAVE BEEN
- FIND A NEW WAY TO CELEBRATE
- START A NEW RITUAL
- PUT ON SOME MUSIC AND DANCE

HUGS=REASSURANCE/COMFORT

- OTHER PHYSICAL WAYS TO PROVIDE BODILY REASSURANCE/COMFORT
 - Yoga-
 - David Kessler on Facebook – daily grief yoga
 - Bath
 - Bake or cook something from your heritage
 - Tea
 - Animals/snuggles/cosleeping



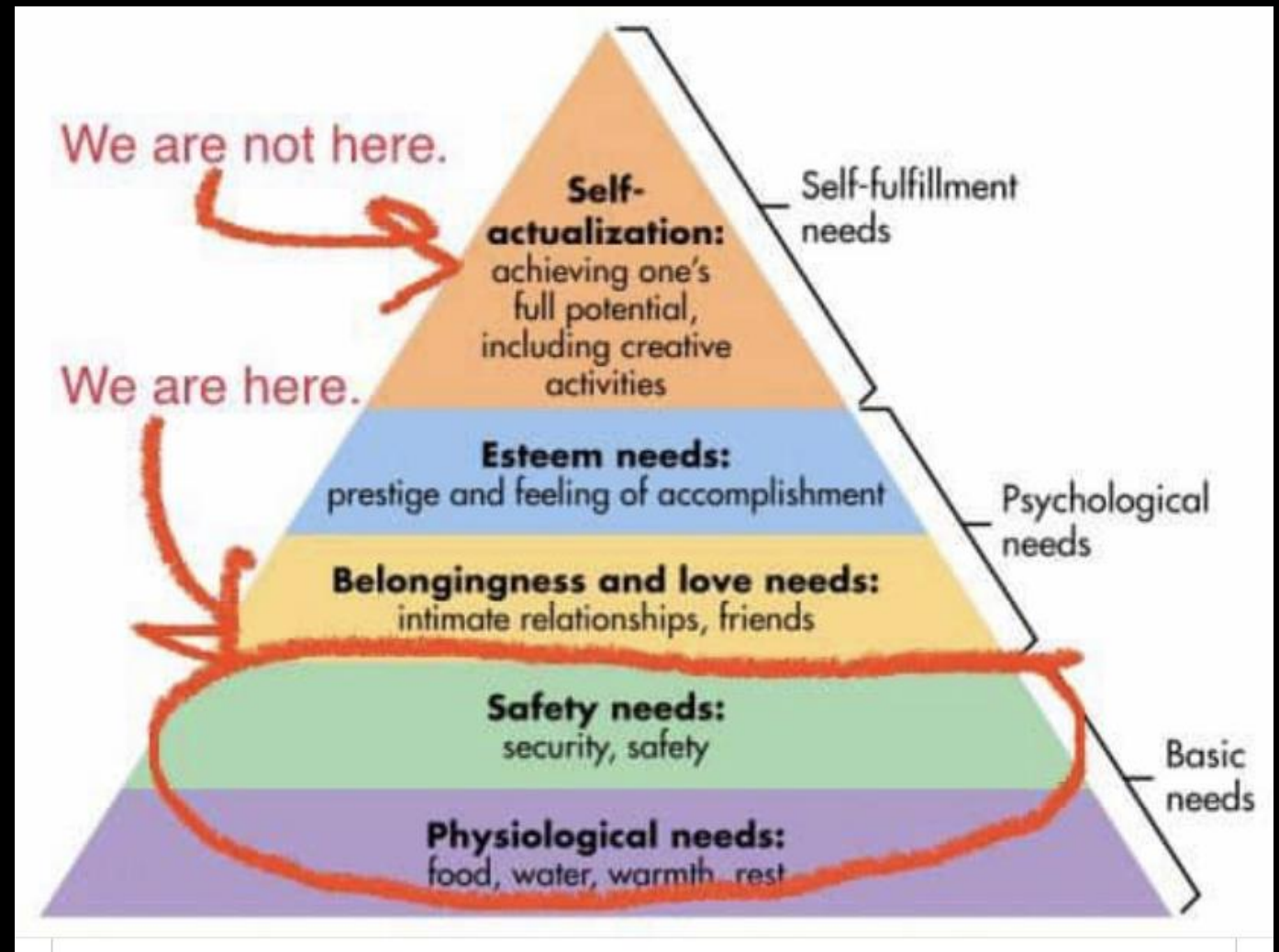
FANCY COFFEE/SHOPPING
=DISTRACTIONS/ALONE TIME

- Donating
- Music on headphones
- A good book
- Team approach

This will pass.....

SUPPLIES=ACCESS/ SAFETY FEELINGS

- Contact local resources if you need to:
- Interfaith food Pantry
- Food Banks
- DON'T COMPARE: everyone feels and copes with grief differently!





REMEMBER WHO IS WATCHING
Through the eyes of a child.....

FIND
SUPPORT

Psychology Today

FOR A HEALTHIER LIFE



TALK TO
PEOPLE WHO
UNDERSTAND



A man with short dark hair and a light beard is sitting in a crib. He is surrounded by numerous stuffed animals, including a large orange dinosaur, a red flower, a green flower, and a yellow and black striped animal. The crib has a white lattice top. The image is dimly lit, with a dark overlay.

LAUGH A LITTLE

Today.com "Daycare's Closed"- parody to Old Town Road

REACH OUT FOR SUPPORT



PerformCare
1-877-652-7624

FAMILY HELPLINE

The Family Helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occurs.



Trained counselors will listen and connect you to supports and resources that are available in your own community.

OPEN 24/7

1 (800) 843-5437
1 (800) THE-KIDS

THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

The Trevor Project offers 24/7 crisis support for LGBTQ+, including online chat and text options. Learn more at [TheTrevorProject.org](https://www.thetrevorproject.org)

#YouveGotOptions



**YOU ARE NEVER
ALONE**

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING,
TRAINED COUNSELORS ARE READY TO LISTEN AND HELP

THE NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK
[SuicidePreventionLifeline.org](https://www.SuicidePreventionLifeline.org)

THE CRISIS TEXT HOTLINE

Text CONNECT to 741741

QUESTIONS?

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DEPARTMENT OF
CHILDREN AND FAMILIES

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nami | Family
Support Group

National Alliance on Mental Illness



nami **Connection**

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**

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#YouveGotOptions



RESOURCE LIST

- **Finding Meaning- The sixth stage of grief.** 2019 David Kessler (P) 2019 Simon & Schuster
 - **On Grief and Grieving** 2005 Elisabeth Kübler-Ross and David Kessler (P) 2018 Simon & Schuster
 - **Explosive Child, The: A New Approach For Understanding And Parenting Easily Frustrated, Chronically Inflexible Children** – May 20, 2014 -- by [Ross W. Greene PhD](#)
 - The Nurtured Heart Approach- Howard Glasser
 - Zones of Regulation- Leah Kuypers, Terri Rossman, et al
 - Grandin, T. (1992). Calming effects of deep touch pressure in patients with autistic disorder, college students, and animals. Journal of Child and Adolescent Psychopharmacology, 2, 1-13.
- McGinnis, A., Blakely, E., Harvey, A., Hodges, A., & Rickards, J. (2013). The behavioral effects of a procedure used by pediatric occupational therapists. Behavioral Interventions, 28, 48-57.



INTEGRATIVESUPPORTNETWORK.ORG

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Providing therapy, behavioral consultation,
parent groups, social groups and trainings