• 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 withdrawn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
<table>
<thead>
<tr>
<th>Time</th>
<th>KIDS (Go outside 2 x)</th>
<th>MOM (Go outside 1 x)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am-</td>
<td>Breakfast</td>
<td>Coffee</td>
</tr>
<tr>
<td>9:30am-</td>
<td>Lessons start</td>
<td>Shower</td>
</tr>
<tr>
<td>10-12</td>
<td>Lessons</td>
<td>work</td>
</tr>
<tr>
<td>12noon-Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12-3</td>
<td>Finish lessons</td>
<td>work</td>
</tr>
<tr>
<td>3-6</td>
<td>Free time</td>
<td>House work</td>
</tr>
<tr>
<td>6pm-Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30-7:30</td>
<td>Family time</td>
<td>Family time</td>
</tr>
<tr>
<td>7:30pm-</td>
<td>Shower and Bed</td>
<td>Free time</td>
</tr>
</tbody>
</table>
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
Today.com “Daycare’s Closed” - parody to Old Town Road
REACH OUT FOR SUPPORT

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

PerformCare
1-877-652-7624
YOU ARE NEVER ALONE

The Trevor Project offers 24/7 crisis support for LGBTQ+, including online chat and text options. Learn more at TheTrevorProject.org

#YouveGotOptions

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

THE CRISIS TEXT HOTLINE
Text CONNECT to 741741
QUESTIONS?

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NAMI Family Support Group
National Alliance on Mental Illness

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
#YouveGotOptions

DEPARTMENT OF CHILDREN AND FAMILIES

PerformCare
1-877-652-7624

NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

Psychology Today
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

