

# Dealing with Grief and Loss

Presented by: The Nease School Counseling Department



## Understanding the Stages of Grief

We all experience these stages– but we don't all experience them on the same timeline. Your grief will be unique to YOU. Do NOT try and compare it to someone else.



# Understanding the Stages of Grief

Source:  
<https://www.psychom.net/depression.central.grief.html>

## 1. Denial



- Feeling like the news isn't real. You feel shocked and numb. Denial helps to pace your grief so that you do not become completely overwhelmed. It is okay to be in this moment for a little while you start to process what actually happened.

## 2. Anger

- As you come to terms with the news being real, you start to think “life isn't fair” and you may look for someone to blame. Do not suppress these feelings; it is a natural and necessary response. The anger keeps you connected with reality and will help connect you with people again.

## 3. Bargaining

- This stage returns you to the false hope of denial. You hope that you can make a deal to change the situation. You try to “make a deal with God” to change your lifestyle and you ask the “what if” questions about what you could have done differently.

## 4. Depression

- Once you return to reality, this is the empty feeling. In this stage, you may withdraw from life, feel numb or in a fog, and not want to get out of bed. The world may seem overwhelming. You may feel hopeless or even have suicidal thoughts.

## 5. Acceptance

- Your emotions start to stabilize and you re-enter reality. You come to terms with this “new normal”. There are good days and bad days, but the good days start to increase in number compared to the bad. The fog begins to lift and you engage with family and friends again.

# What does Grief or Loss look like?

- Grief and loss– similar to sadness and depression– look differently for everyone.
- Some people are withdrawn or reserved, speaking minimally and isolating themselves. They do not show any emotions and are “numb.”
- Others are stuck in the denial or anger stage, where they are frustrated and shut down. They do not want to speak to others and are angry at everyone around them. The smallest thing can cause an explosive reaction.



# What are some healthy ways to cope with Grief and Loss?



- Talk about the positive memories shared.
- Do something to honor the memory of the departed.
- Spend time with people who were also connected to the person.
- Cry, journal, exercise; let the emotions out.
- Speak to someone: a family member, friend, counselor or other trusted adult.

# Resources

There are facts sheets available for caregivers with information on how to talk with children of various ages regarding loss and trauma.

Caregivers need to ensure to provide self-care while providing comfort for children

The Red Cross provides an excellent emotional health checklist that will be available for you to view.

\*Documents are available on each School Counselor's Schoology page. Click on Resources> Mental Health> Grief Resources



# We are here for you!



Reach out to your School Counselor for additional support.

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Grief only exists  
where love lived first

