
GRIEF & LOSS:
WE ALL EXPERIENCE IT,
BUT DO WE KNOW WHAT TO DO WITH IT?

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GRIEF AND LOSS

NOUN [grēf] deep sorrow, especially that caused by a loss

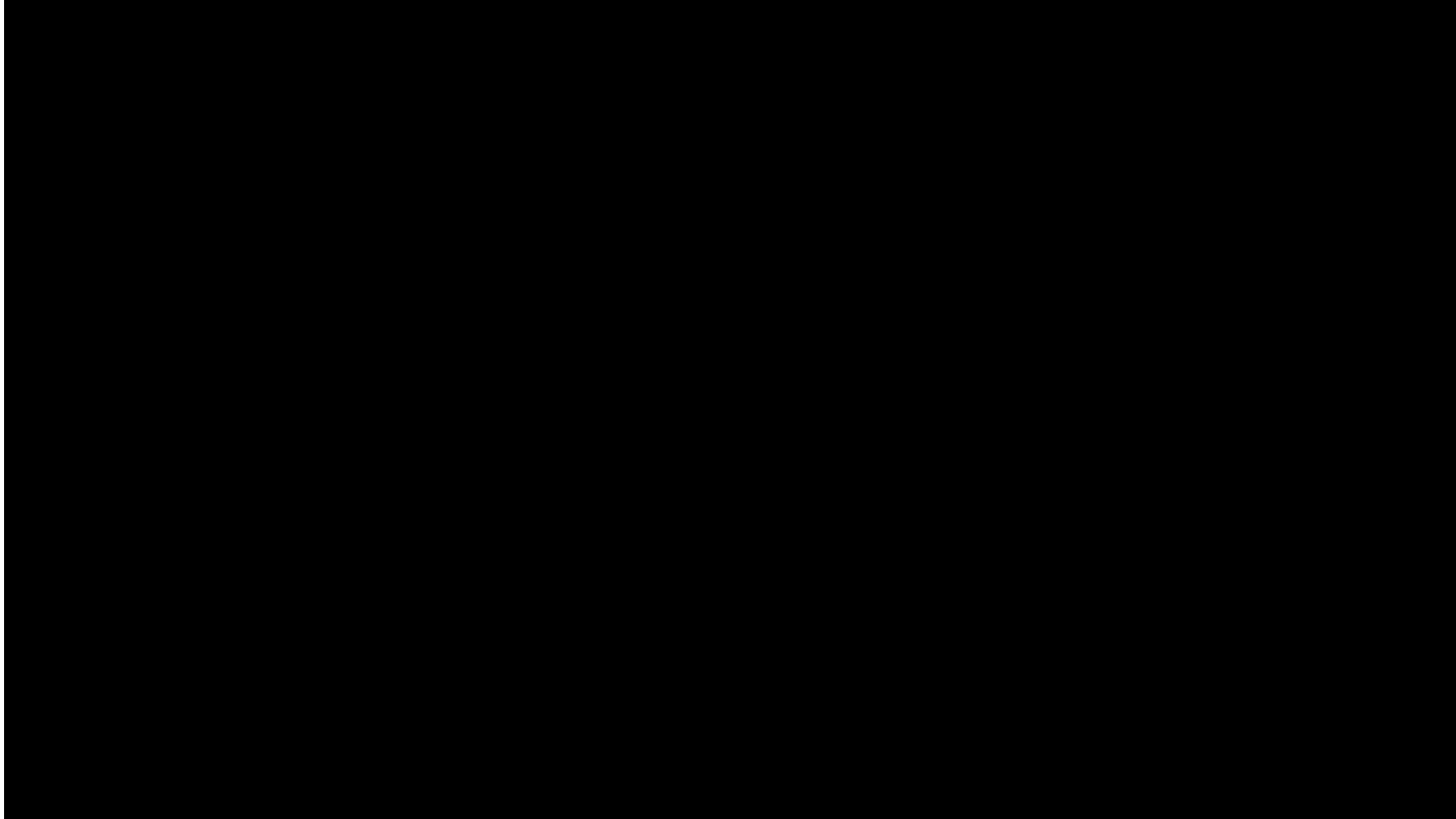
- Grief is a complex emotion due to loss
- Loss can include losing someone we love, something we care deeply about, and aspects of who we are.



We are all on
different ships during
this storm
experiencing a very
different journey.

Look beyond what is
seen at first glance.

GRIEF AND LOSS – HOW IT MIGHT FEEL



UPS AND DOWNS OF GRIEF



RIDE OUT THE WAVES



GRIEF AND LOSS THROUGH THE ADOLESCENCE LENS

- They may not have had a lot of experiences dealing with loss
- This may be the first time they experience these emotions
- This may be the first loss they've had to endure
- This can lead to an existential crisis

DON'TS: “TIME WILL HEAL”

- Intention
 - Give reassurance
 - Acknowledge pain and ability to find relief
 - Convey hope
- Impact
 - Falsely assumes an end to the grief experience
 - It minimizes the pain in that simply time is the remedy

DON'TS: YOU NEED TO FIND CLOSURE

- Intention
 - Provide a goal to work toward
 - Provide a solution and an end
- Impact
 - Assume that one can achieve a satisfactory end
 - Assume linear journey

DON'TS: YOU NEED TO JUST CRY IT OUT

- Intention
 - Provide a goal to work toward
 - Provide a solution and an end
- Impact
 - Assume that emotion is an one time release
 - Assume right way to grieve
 - Assume linear journey

HOW TO HELP: KEEP NORMALCY

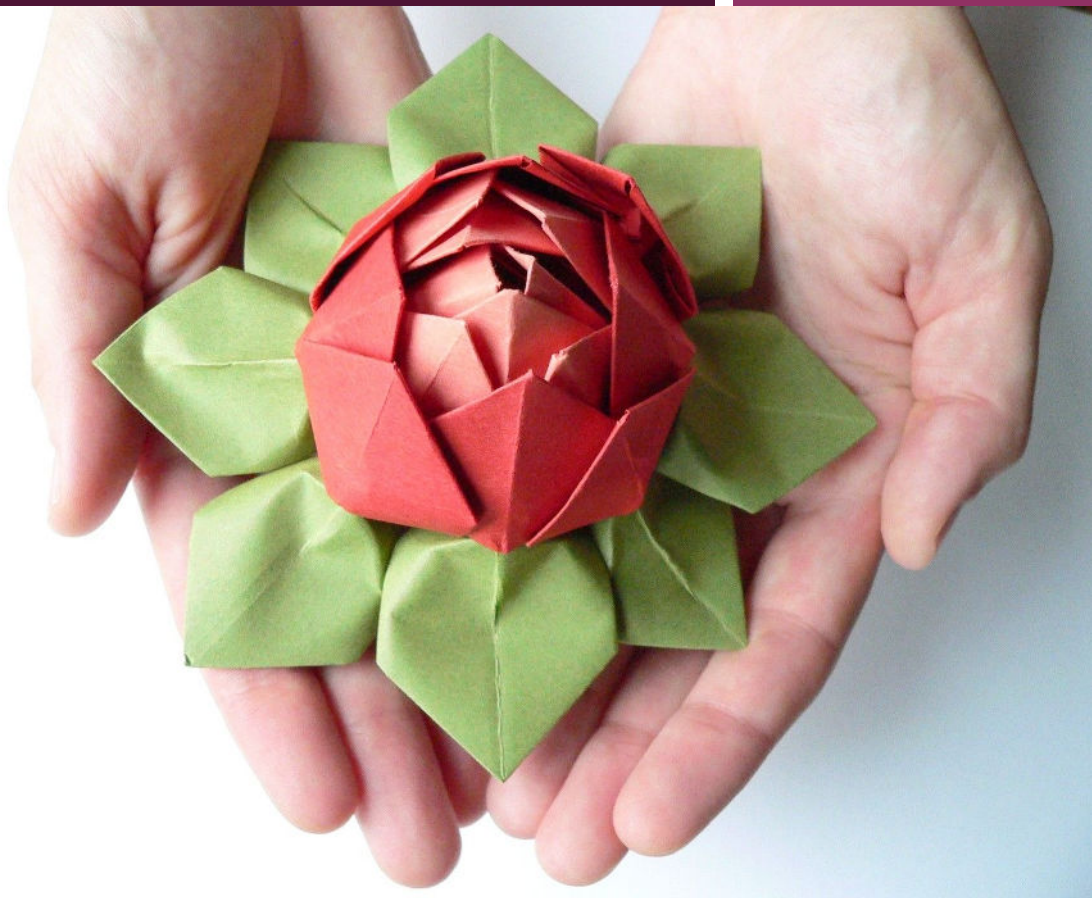
- Structure and routine can help
- Rituals can be grounding
- Important to have a sense of control and predictability

HOW TO HELP: ALLOW SOCIAL SUPPORT

- Power of peer support is great at this stage of life
- Facilitate social connections can help and show you care & understand

HEALING THROUGH CONNECTING

- Writing down memories
- Talking/praying to the deceased
- Celebration of life
- Creating a “new normal”



DO THE NEXT RIGHT (BEST) THING





HOW ARE YOU
DOING?

THANK YOU!

QUESTIONS & ANSWERS

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