

THANK YOU FOR YOUR PURCHASE!

The **Weathering the Storm of Grief Brochure** is a resource to give to children who have experienced a loss. This brochure gives an overview of The 5 Stages of Grief as a way to help through the grieving process. It also includes a stress relief exercise and examples of activities to do as a way to find happiness again.

Directions: Print double sided, fold on dotted lines.

Included in Brochure:

Both Boy/Girl versions are included. Download comes in color and black & white.

I. Understanding the 5 Stages of Grief

1. Shock
2. Denial
3. Anger
4. Depression
5. Acceptance

II. Stress Relief Exercise: This is a grounding technique to help connect to the present moment.

III. Making your own sunshine: Ideas for finding happiness and joy.

CREDITS



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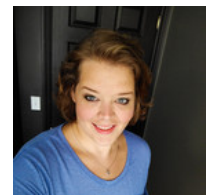
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MAKING YOUR OWN SUNSHINE



- ★ Your grief is personal to you and you will grieve in your own way and pace.
- ★ FOLLOWING A FAMILIAR ROUTINE BRINGS FEELINGS OF CALMNESS.
- ★ Write feelings down in a journal.
- ★ Identify people around you that you can talk and share your feelings and concerns.
- ★ Set and accomplish positive goals.
- ★ Get fresh air and exercise
- ★ Become educated with the 5 Stages of Grief as a way to understand your feelings.



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-Albus Dumbledore

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Understanding The 5 Stages of Grief

Grief can feel like a storm. You may feel that the storm has passed, and then be surprised when the next storm strikes. With a loss, you might be fine one minute and overcome with extreme sadness the next. Understanding The 5 Stages of Grief, may help you with the grieving process.

1 SHOCK

A death of a loved one can feel like a bolt of lightning out of nowhere. After the death of a loved one, you may feel numb to the reality of the loss. Numbed disbelief is one way the body helps provides emotional protection from being overwhelmed all at once.

2 DENIAL

Denial is a response to the shock or disbelief of the loss of a loved one. Avoidance is a common coping mechanism to avoid the reality of the loss. Life feels chaotic and scary so denying this NEW REALITY is a way to avoid pain.

3 ANGER

Frustration of this new reality leads to anger. Lashing out at others is not an uncommon occurrence. When in this stage of grief you may find yourself focusing on things like....



4 DEPRESSION

Deep sadness may begin to set in as you begin to realize the magnitude of your loss. The reality of life going on without your loved one can feel overwhelming. You may feel extreme sadness and you may feel like you don't want to do anything.



5 ACCEPTANCE

Physical symptoms lessen and deep sadness begins to shift. This stage is about accepting the reality of the loss and that it is permanent. In this stage, you can begin to look ahead to the future and anticipate some good times to come. There are feelings of hope and joy.

STRESS RELIEF EXERCISE

A grounding technique is a coping strategy that helps you connect(or ground) you to the present moment. So, when you find yourself feeling overwhelmed, do the

COUNTDOWN FROM 5 EXERCISE:

Look around you and name..

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



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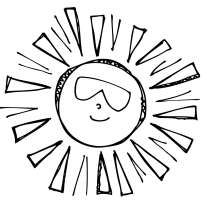


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