

GRIEF AND MENTAL WELLBEING

Name: _____

Date: _____

THE GRIEF CYCLE

Stages of Grief During COVID-19

Denial

You don't believe it is actually happening. You are confused. You avoid things. You reject that it is happening.

Anger

You are mad! Frustrated! Irritated. You may have high anxiety!

Bargaining

Try to make a deal with the higher power to make things return to normal. "I'll do this if you take the pain away".



Depression/Sadness

Overwhelmed. Hopeless.

Acceptance

We explore new options. We begin to move on. We begin to recognize that eventually we will go back to school but that things will look very different.

Today you learned about the grief cycle and how it is normal to feel a sense of loss during the Covid-19 school closure. What loss (big or small) have you experienced this past month?

What stages of the grief cycle have you experienced? (See Grief Cycle Above) Tell us about it.

4 WAYS TO HAVE POSITIVE MENTAL HEALTH

MINDSET	HABITS	RELATIONSHIPS	EMOTIONS
Believing that good things are possible.	Keeping good habits such as balanced diet, moving your body, getting sleep,	Build connections with others.	Understand your emotions.

What area of mental health do you need to work on the most? Tell us about it.