

HELPING ALL OF US
MANAGE GRIEF

HELPING OUR SENIORS MANAGE GRIEF

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Myth:

Grief is only experienced if someone dies

- Anyone can experience grief at anytime over a loss and the loss does not have to be a person.
- Things we might grieve
 - *Dreams*
 - *Events*
 - *Time*
 - *Relationships*
 - *Transitions*

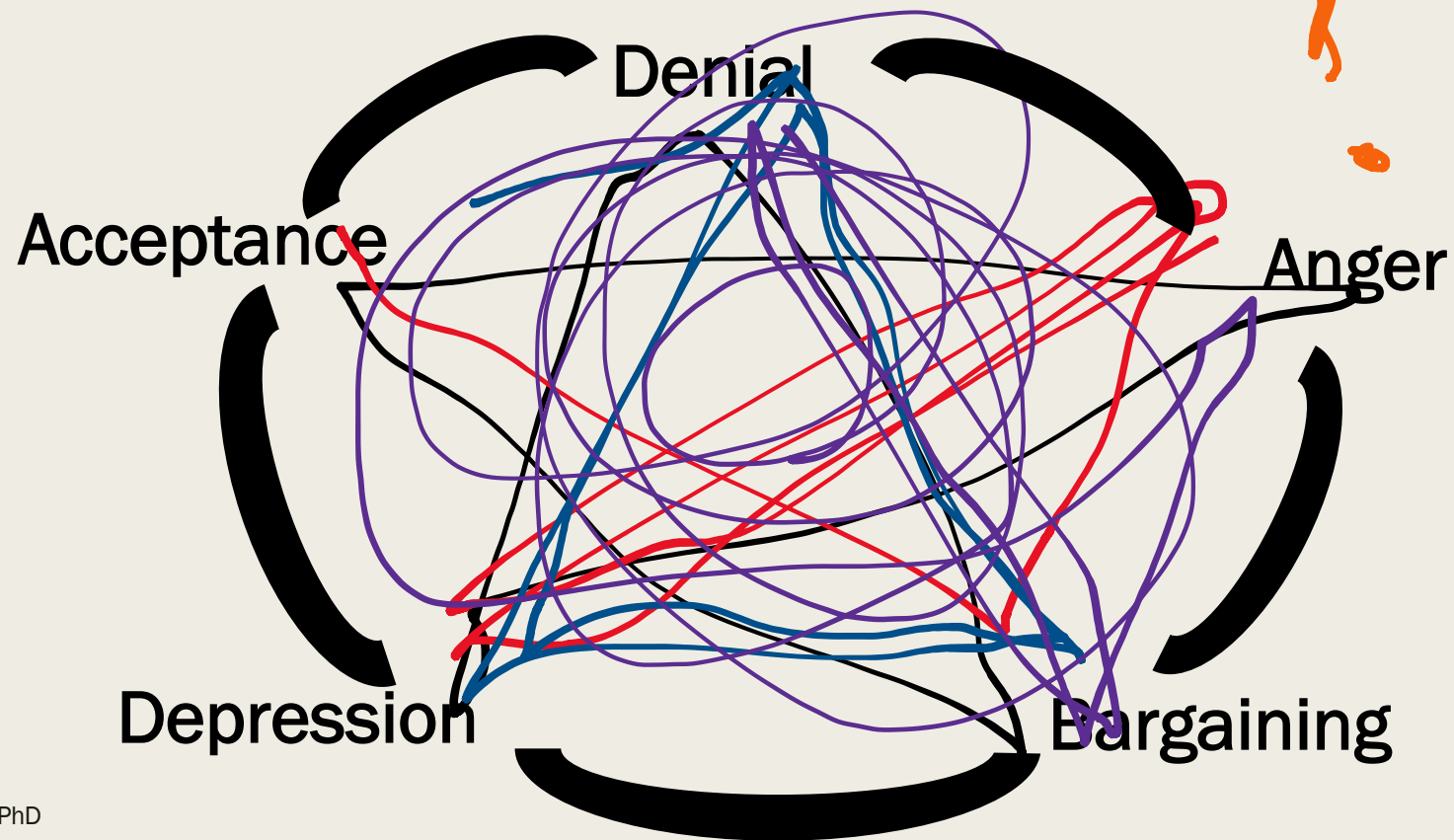
GRIEF is the
normal and
natural emotional
reaction to loss or
change of any
kind.



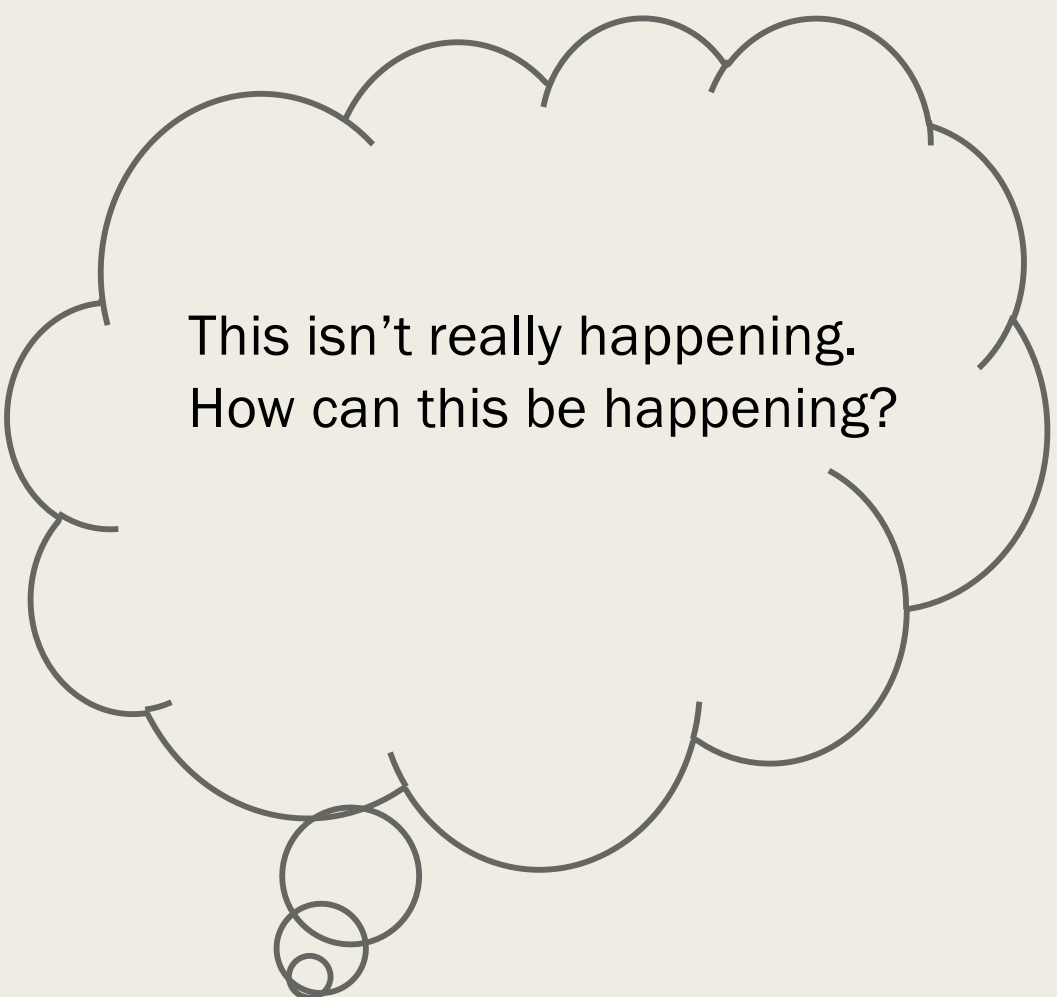
GRIEF IS A PROCESS
NOT A DESTINATION



Stages of Grief



Denial



This isn't really happening.
How can this be happening?

Anger

- Anger is not wrong
- It may be directed at other things or people than what is actually causing the anger
- It often is a secondary emotion, covering a place of vulnerability (hurt, fear, frustration, sadness)



Bargaining

Trying to figure out ways to delay the inevitable. They might try to negotiate for a point of compromise. It is a defense mechanism.

Depression

Might occur when the reality of the loss sinks in. Could include intense sadness, change in sleep, change in appetite, and loss of motivation.



Acceptance

Accepting the reality and that the loss is permanent. Someone can accept the situation but continue to process and struggle with emotions like sadness, frustration, or anger. Everyone gets to acceptance at a different rate.

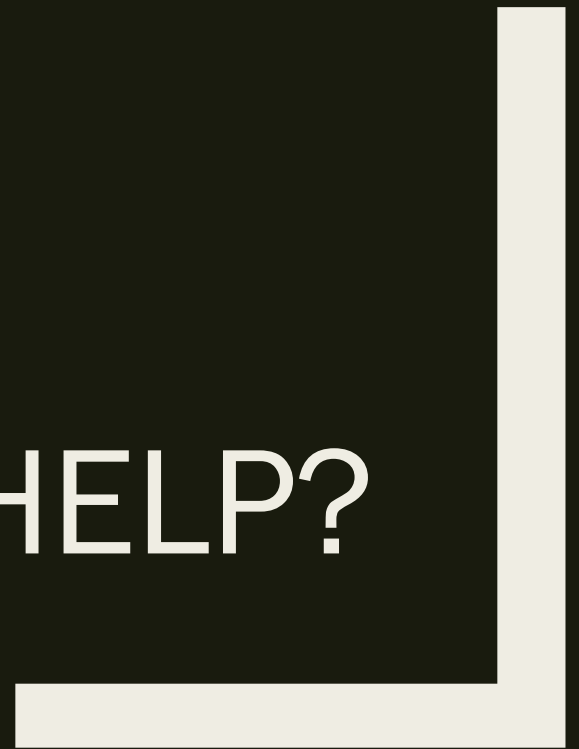
"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

-Vicki Harrison

Amy Grosso, PhD
@amylgrosso



HOW DO I HELP?



LISTEN to understand not to fix

If your senior is not able to talk to you, is there another adult they will?

Go for a drive. It helps if they don't have to keep eye contact

Don't rush their grieving process

Take a walk without an agenda of what to say

Try to comfort instead of wanting to make them feel something different

Keep the discussion on your senior. Don't compare your experiences or your losses.

Share a journal

Text with your senior

Memorialize what was lost

Create a video, collage,
or write about the best
moments

Playlist to represent this year

Have your senior write a letter to their senior year saying what they miss, what makes them angry about this year, causes sadness

- Write what you are missing on pieces of paper.
- Dig a hole.
- Place the papers in the hole as you read them.
- Put a plant or seeds on top and then cover it up.
- From our grief comes new life.

LOOKING FORWARD



New Traditions

- Talk with your senior, let their ideas guide
- Think outside the box
- Consider the uniqueness of your senior

A place for hope and gratitude

“Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so.”

- Noam Chomsky

IT IS OKAY IF MORE
HELP IS NEEDED



If your kid has a fever or broken leg, you would get them help from a professional. The same is true with mental health. It is not our job to “fix” it, but we can support and find professional help.

Finding Help

- Round Rock ISD Behavioral Health Resource Guide
- 833-986-1919
 - *THHS COVID-19 Mental Health Support Line*
- 1-800-273-TALK
 - *National Suicide Prevention Lifeline*
- Text 741-741
 - *Crisis Text*

THANK YOU!

Let us know if there are other topics you want us to
cover on a virtual session!



Virtual Round Rock ISD Campus Walk
afsp.org/roundrockisd
April 18

