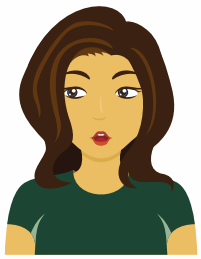


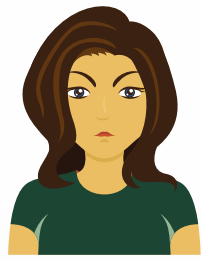
Grief & Loss

Grief is a natural reaction to loss. It can be a loved one, friend, co-worker, pet, and even sometimes objects such as a house or car. It's important to understand that grief is a way in which our minds and bodies cope and that grief can be a healthy, even necessary, process. Here we look at the 5 stages of grief, what cause grief, and how children often suffer most from it.

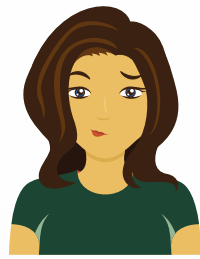
5 Stages of Grief



Denial



Anger



Bargaining



Depression



Acceptance






Children and Grief

1 in 5 children will experience the death of someone close to them **by age 18**



73000 children die every year in the US. Of those, **83 %** have surviving siblings

Classroom teachers report that students who have lost a loved one typically exhibit:

-  Difficulty concentrating in class
-  Withdrawal/disengagement and less class participation
-  Absenteeism
-  Decrease in quality of work
-  Less reliability in turning in assignments

Negative Grief



Grief is the natural response to any **major loss** and can be triggered by a variety of scenarios including:

- Death of a loved one**
- Divorce, or ending of a relationship**
- Onset of a chronic or terminal disease**
- Job loss**
- Disability from an illness or severe accident**
- Loss of independence**
- Surviving violence or a natural disaster**

Positive Grief

Grief may also be caused by losses that are associated with **positive life changes** or transitions, such as the following:



- Marriage**
- Beginning college**
- Birth of a child**
- Retirement**
- Aging**