

# Conversations

*Emotional Resilience during Covid-19*



— ACADEMY OF —  
OUR LADY OF  
PEACE

—  
1882

# Session 3: grief and loss

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# 5 stages of grief

Kubler-Ross Model

Denial

Anger

Bargaining

Depression

Acceptance

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## Through the eyes of a teen....

Freshman - orientation, dance lessons, assemblies, football games, dances, retreat week - CSSJ, sports, catch the fire

Sophomore - dances, sports, retreat week - community service, assemblies

Juniors - DANCES, retreat week - camping, Varsity sports, visiting colleges, internships, Junior unity mass

Seniors - DANCES, Varsity sports, retreat week - camping, Senior spot in gym, looking at going to college virtually, pass the fire, virtual graduation

# SPRING SING!!!

Through the eyes of a teen....

**RELATIONSHIPS:**

**FRIENDSHIPS,**

**SISTERHOOD,**

**DATING**

# How to help your teen.....

- Be aware of the stages of grief and how they are showing up in you & your family.
- Celebrate wins & successes of last year
- Purposefully practicing gratitude
  - Journaling
  - Family gratitude jar/bag
- Structure & routine
  - Planned Family and couple time
  - Allow teens to brainstorm ideas, the more input =more buy in
  - Focus on family strengths and what is important & unique about your family

**Q&A**

