Conversations

Emotional Resilience during Covid-19
Session 3: grief and loss
5 stages of grief

Kubler-Ross Model

Denial
Anger
Bargaining
Depression
Acceptance
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