

The Grieving Process

Grieving is a process. The length of the grief process is different for everyone. There is no set time frame to which people heal. There are different stages of grief including:

Shock and denial: a numbness that the event has even occurred.

Anger: at the deceased, family members, etc.

Guilt: about things not done or said

Depression: about the loss that feels overwhelming and sadness that seems never-ending.

Acceptance: of the situation

Growth: readiness to move ahead with one's life.

Some people go through the grieving process in this order; others bounce from one stage to another in now particular order, sometimes going through the same stage more than once. The important thing to remember is that THIS IS A PROCESS.

Here are a few ways to help children and teens deal with grief and loss:

- Acknowledge the situation. Never dismiss or pretend it did not happen.
- Be empathetic (understanding and supportive) regarding their emotions and do not hide your own emotion.
- Offer support by verbally engaging them in discussion about the situation and/or their feelings about the situation. Ask him or her how they feel and do not assume you already know how they're feeling that day.
- Simply ask "Do you feel like talking?"

Normal Grief Reactions

When experiencing grief, it is common to:

- Have difficulty concentrating
- Feel sad or depressed
- Be irritable or angry (at the deceased, oneself, others, higher powers)
- Feel frustrated or misunderstood
- Experience anxiety, nervousness, or fearfulness
- Feel like you want to "escape"
- Experience guilt or remorse

- Be ambivalent
- Feel numb
- Lack energy and motivation

Another support opportunity will be held on Monday, June 4th at 3pm and 6pm as a come-and-go as you please basis at Central Elementary in the Cafeteria.

Here are a few additional resources that can be utilized as the need arises:

Resources

COPES – Mobile Crisis Services
918.744.4800.

Floral Haven Grief Recovery Services – 918.252.2518

Family & Children's Service – Mental Health Services
650 S. Peoria Avenue, Tulsa OK, 74120. 918.587.9471.

Tristesse Grief Center - Teen Grief Support Group
1709 S Baltimore, Tulsa 74119 (918) 587-1200

Counseling & Recovery Services of Oklahoma - 918.224.5565.
Free Teen Groups - Grief Recovery, 4-5 pm Tuesday