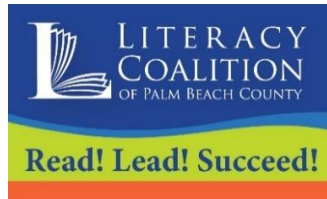


READ and THINK before you ACT.

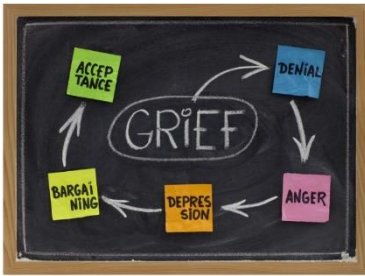


Leading through Reading

Dealing with Loss and Change (6-8)

READ

Sudden and unexpected change may cause people to feel loss and sadness. Some may feel a sense of grief over the places, people, and things that they are missing. It is important for people to allow themselves time to process their losses. Working through loss and sadness may help people to accept change and, eventually, help them to adapt and move on.



Psychologists have noticed the coronavirus has caused some people to feel what is commonly referred to as the *stages of grief*. While some are grieving the loss of life, many others are grieving something else. People across the world are grieving the loss of their lifestyles and routines. Stay-at-home orders and the closing of many schools and businesses have brought change. For some, the sense of loss is drastic.

If you are a bit sad about all the changes in your life because of the pandemic, you are not alone. It will be okay. You will feel better. There are things you can do to help you move from sadness toward gratitude and hope.

First, state your feelings. Say them out loud or write them down on paper. Second, realize that many of us, even if we have not lost a friend or loved one to the virus, are feeling a sense of grieving over all the changes in our lives. It is healthy to acknowledge those feelings. Understanding and allowing yourself to work through the stages may help you to accept and move on.

Articles to help with the emotions associated with change and loss: [Stress Management for Teens](#) & [Lockdown Gratitude](#)

THINK

Have you experienced any of these stages of grief?



ACT

Give yourself extra TLC through times of change!

Denial – The first stage is shock and denial. This stage might be particularly strong for teenagers. You might act as if nothing has happened and not want to talk about losses.

Anger – The second stage is feeling angry about the loss. In teens, this may show with disrespect or even violent behavior.

Bargaining – The third stage follows anger and it shows as an attempt to regain control. This shows up as: *If I do this, then that will happen.*

Depression – The fourth stage might be hard for others to see in you, especially if you are trying hard not to show your feelings. Share your thoughts to help lessen your sadness.

Acceptance – The last stage may come sooner in teens than in adults. It is important to understand that these stages might not occur in order and it could be a two-steps-forward, one-step-back process.

Accept Your Feelings – Acknowledge that you are entitled to have feelings regarding changes in your life. Identify and name your feelings. Practice self-compassion.

Find Healthy Ways to Manage Your Feelings – Learn and practice relaxation exercises, meditation, exercise, and art therapy. Read more about the benefits of gratitude.

Be Patient with Yourself – Avoid negative self-talk. Give yourself extra time to complete tasks. Realize it is normal for short periods to be distracted and your mind may occasionally be preoccupied.

Keep a Healthy Routine – Exercise, sleep and eat regularly.

Share Your Thoughts and Feelings – Talk to others who will respect your feelings. If you need extra help, speak to your parents.

Share the [Early Learning Coalition](#) web page which offers FREE assistance.

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org