



# CREATIVE PROBLEM SOLVING

Virtual ILC 2020

Secret Topic

## Complicated Grief Awareness Campaign

According to the Mayo Clinic, “Losing a loved one is one of the most distressing and, unfortunately, common experiences people face. Most people experiencing normal grief and bereavement have a period of sorrow, numbness, and even guilt and anger. Gradually these feelings ease, and it is possible to accept loss and move forward.

*For some people, feelings of loss are debilitating and do not improve even after time passes. This is known as complicated grief, sometimes called persistent complex bereavement disorder. In complicated grief, painful emotions are so long lasting and severe that you have trouble recovering from the loss and resuming your own life.” (2019)*

Normal symptoms of grief may include struggle accepting death, trust issues, inability to enjoy your own life or focus on self; focus solely on loss, bitterness about loss, and deep sorrow. Over time these symptoms improve. However, complicated grief may also include prolonged difficulty carrying out activities of daily living, isolation from others, self-blame or guilt surrounding loss, hopelessness, and suicidal thoughts. These symptoms persist and interfere with one’s physical, emotional, and social well-being.

If complicated grief persists, there is help. Family, friends and local support groups can help someone work through this process. Talking to a healthcare provider, licensed counselor, or other trusted adult can also help. The National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) has trained counselors available to talk and local emergency services are available, if needed.

Mayo Clinic. (2019). Complicated grief. *Patient Care & Health Information*. Retrieved from <https://www.mayoclinic.org/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374>.

**Your Creative Problem Solving Team has been charged with creating a campus wide awareness campaign to help your peers recognize, understand and find help to deal with complicated grief. You will present your ideas to your school administration ( judges) for approval.**

Your team has until June 1<sup>st</sup>, 2020, to upload your eight (8) minute presentation to Tallo. Be sure to read the [Virtual Event Information Sheet](#) and the [Video Recorded Presentation Guidelines](#) before beginning.