



# Dynamic Decisions

## Virtual ILC 2020

### Secret Topic

#### Grief Awareness Campaign

According to WebMD, “Grief is a natural response to losing someone or something that’s important to you. You may feel a variety of emotions, like sadness or loneliness. And you might experience it for a number of different reasons. Maybe a loved one died, a relationship ended, or you lost your job. Other life changes, like chronic illness or a move to a new home, can also lead to grief. Everyone grieves differently. But if you understand your emotions, take care of yourself, and seek support, you can heal” (2018).

You may have heard the term ‘stages of grief’ in school or the media. Elizabeth Kubler-Ross researched death and dying for years before putting into words what many people felt in terms of loss. Although everyone may go through these stages differently, understanding them may give some a sense of meaning in a time that otherwise feels like darkness. The five most common stages of grief include:

- **“Denial:** When you first learn of a loss, it’s normal to think, “This isn’t happening.” You may feel shocked or numb. This is a temporary way to deal with the rush of overwhelming emotion. It’s a defense mechanism.
- **Anger:** As reality sets in, you’re faced with the pain of your loss. You may feel frustrated and helpless. These feelings later turn into anger. You might direct it toward other people, a higher power, or life in general. To be angry with a loved one who died and left you alone is natural, too.
- **Bargaining:** During this stage, you dwell on what you could’ve done to prevent the loss. Common thoughts are “If only...” and “What if...” You may also try to strike a deal with a higher power.
- **Depression:** Sadness sets in as you begin to understand the loss and its effect on your life. Signs of depression include crying, sleep issues, and a decreased appetite. You may feel overwhelmed, regretful, and lonely.
- **Acceptance:** In this final stage of grief, you accept the reality of your loss. It can’t be changed. Although you still feel sad, you’re able to start moving forward with your life.” (DerSarkissian, 2018)

The grieving process is far from simple. However, when grief stops someone from truly living then the loss is far greater for everyone. When loss becomes overwhelming, there are some things to remember:

- Be patient= allow yourself to feel what you feel when you feel it.
- Stay engaged= remember those who are important to you and let them into your life.
- Stay physically healthy= be sure to eat when you need to, sleep when you need to, and exercise so you have the strength and fuel to be mentally healthy too.
- Practice gratitude= find reasons to be grateful for what is in your life; it doesn't reduce your loss, but it can help you heal.
- Speak up= find others who may share similar experiences to help you process what you are going through. Asking for help can assist you in finding the courage and strength needed to get through this.

DerSarkissian, C. (2018 Nov 23). Grief: What's normal? What are the common stages? *WebMD Medical Reference*. Retrieved from <https://www.webmd.com/balance/normal-grieving-and-stages-of-grief#1>.

**Your Dynamic Decisions Team has been asked to create a school wide awareness campaign to help your peers recognize, understand and find positive ways to deal with grief. You will present your plan to your school administration (judges) for approval.**

Your team has until June 1<sup>st</sup>, 2020, to upload your five (5) minute presentation to Wufoo. The Wufoo upload link is: <https://hosafhp.wufoo.com/forms/z1qws9q313i750l/> Be sure to read the [Virtual Event Information Sheet](#) and the [Video Recorded Presentation Guidelines](#) before beginning.