Grief - Session 3 - Teens

Definition of Grief:

- What causes of "Grief" can you relate with most?
- What responses are you experiencing?

Holy Restored
COPING SKILLS & JESUS

Stages of Trauma:

Shock / Denial → Anger → Bargaining → Depression → Acceptance

These stages do not always move along in a line. Sometimes it's like bumpercars.

- **You have to feel it to heal it.**
- **No one can tell you how long each stage will last. It's your own journey.**
- **Coping skills - any tool you use to cope.**

Scripture to cling to when feeling hopeless.

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds.
- Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Have I used any negative coping skills to deal with my pain?

Be honest with yourself.

"It's okay to not be okay, we just don't want you to stay there."

Coping Skills

- Grounding
- Music
- Progressive Muscle Relaxation
- Deep Breathing
- DO NOT ISOLATE
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- Coloring/Drawing/Art
- Youth Groups
- Pets/Hobbies
- Journaling / talking with someone
- Professional Help
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Where do you get your support?

Helpful tips from this video:

Take One Day at A Time.
Remind yourself of these promises daily as you move through grief.

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!