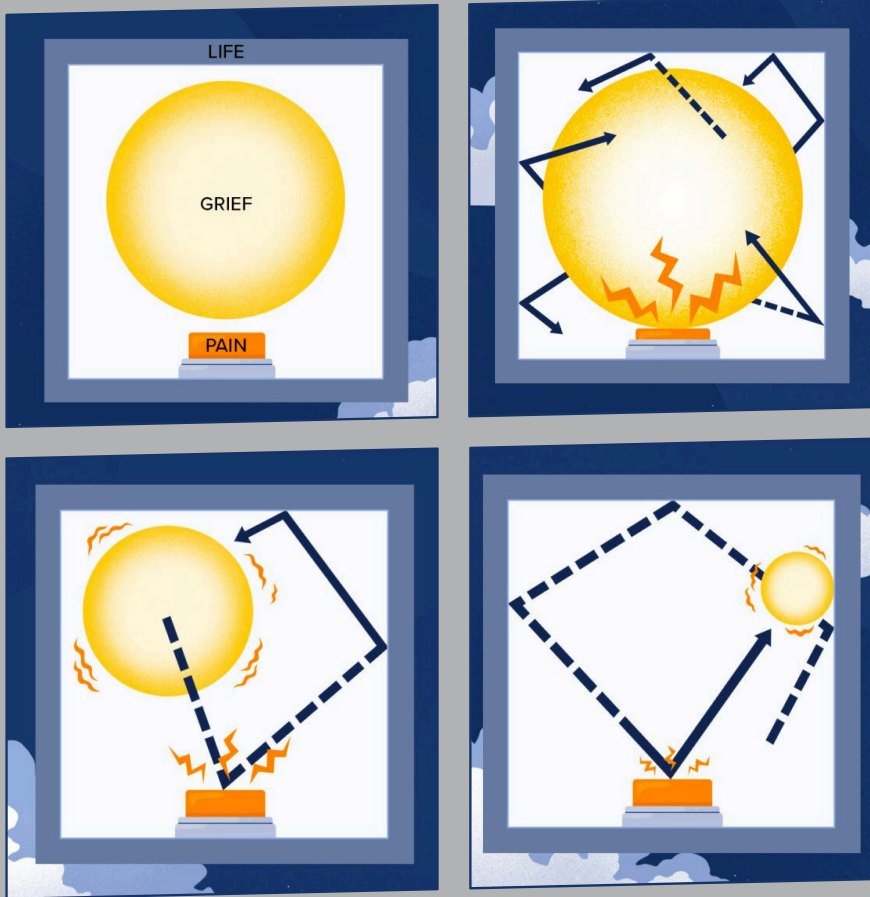


## MENTAL HEALTH NEWSLETTER

--Nicole Ooms, Licensed School Social Worker, (219) 956-3143 ext. 2038



Lauren Herschel, 2017

### GRIEF AS A SHRINKING BALL

The picture to the left shows grief as a ball bouncing around, repeatedly hitting a “pain” button. Over time, the grief shrinks and hits the pain button less frequently. Our student body experienced the deaths of several students last school year, and many of our students may still be feeling the pain of grief. If your child is struggling, using this analogy may help them to understand the pain of grief in their lives. Reassure them that while it will never disappear, the pain will become less frequent and less intense over time.

### WALKING THE PATH OF GRIEF

The path of grief is long and winding. It doubles back on itself and can lead you into rough waters when you least expect it. Some people struggle because they think they should be “over it” within a certain time frame. Be aware that there is no time frame for grief. Those grieving may feel better for a while, but be struck with pain at an unexpected moment. Holidays, anniversaries, and birthdays are common triggers for grief.

