



October: Grief and Loss

WHAT TEACHERS NEED TO KNOW

Grief is not only the result of a death. Drastic changes to your job as teachers in the past year and a half and now returning to school in our “new normal” can be a process of grief and loss. As you move through the stages of grief try to identify the changes in behavior and feelings in yourself, your family, and your students. Be patient with yourself: we can’t give 100% to our job, family, friends, community, and ourselves every day. Doing what you can IS enough.

Being aware of the five stages of grief developed by Elizabeth Kubler-Ross, widely known Psychiatrist, can help. The five stages of grief are:

1. **Denial** – feeling in shock and pretending this is not happening
2. **Anger** – feeling angry and irritable over small things
3. **Bargaining** – living through the “what if’s” or wanting to change the outcome
4. **Depression** – sadness, withdrawal, losing interest in things that brought you joy
5. **Acceptance** – coming to terms with your new reality

Additional Resources

- It’s important to know that not everyone moves through these stages in sequential order. Learn more about the five stages of grief from Vanessa Leon, Mary’s Center Mental Health Therapist, by clicking [here](#).
- [Teacher’s Wellness Series: Self Care](#)