
Supporting Children and Teens through the Impacts of the Changing Landscape of the COVID and post-COVID World

Andrea Warnick Consulting

Supporting Grieving Children, Youth, and Adults, through Education and Counselling

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Grief and Loss

What is Grief?

All the thoughts and feelings that occur after experiencing a significant loss or change.

Types of Grief

Anticipatory grief: grieving an inevitable loss

Ambiguous grief: a loss that is unacknowledged in society or by the griever themselves

Cumulative grief: the impact of multiple losses within a short period of time

Collective grief: the shared experience of loss and grief in a community, city, country etc.



Activity: Name it to tame it

Instructions:

Take 1 minute to jot down all of the:

- changes
- losses
- pivots
- adjustments

you have had to make to survive life in the pandemic.

Identifying Our Own Grief

- Physical symptoms (stomach aches, headaches)
- Changes in sleep patterns
- Easily distracted
- Easily frustrated or quick to anger
- Loss of confidence/increase fear or stress in new situations
- Increased need for assurance
- Questioning meaning of life
- Feeling 'foggy' all the time

Identifying Children's Grief

- Physical symptoms (stomach aches, headaches)
- Changes in sleep patterns
- Easily irritated
- Hyperactive or lethargic
- Anger outbursts
- Increase in death play/stress-based scenerio play
- Repetitive asking of questions
- Loss of confidence/fear
- Increased need for affection/connection

The Impact of Pandemic Grief

Grief and COVID-19

After a Death

- grieving in isolation
- not being able to spend time with your person before they die
- being in close proximity to other grievers
- changes/adaptations to rituals

Pandemic Grief

- 'normal' life
- not seeing family and friends
- not knowing when/if things will go back to the way they were
- milestones having to change (ie graduations)
- collective grief

THE COLD OF WINTER
PLUS A LACK OF SUNLIGHT
PLUS LOCKDOWN PLUS THE
UNCERTAIN FUTURE PLUS
THE WHOLE OF LAST YEAR
GENERALLY, PLUS THE
UNRELENTING NEWS
CYCLE PLUS THAT E-MAIL
YOU'VE BEEN PUTTING
OFF PLUS THE LACK OF
HUMAN CONTACT PLUS
SOME OTHER SHIT YOU
CAN'T QUITE PUT YOUR
FINGER ON...

...CAN'T WORK
OUT WHY I'M SO
TIRED LATELY.

@instachaaz



Outside the 'Window of Tolerance'

Hyperarousal	Hypoarousal
<ul style="list-style-type: none">● high levels of stress● anxious thoughts and feelings● physical impacts: racing heart, sweaty palms, tight chest etc.● Overwhelmed by things that used to feel manageable● 'fight' or 'flight' mode	<ul style="list-style-type: none">● shutdown state● may feel numb, frozen or 'foggy'● tired or feeling 'heavy'● depressed thoughts and feelings● disengaged from things you used to enjoy● 'freeze' mode

Strategies for Supporting Children and Youth

Building Safety through Relationship

4 PILLARS OF A SECURE ATTACHMENT

OUR CHILD NEED TO BE:

safe

BY AVOIDING
ACTIONS AND
RESPONSES
THAT
FRIGHTEN
AND HURT

soothed

BY HELPING
DEAL WITH
DIFFICULT
EMOTIONS
AND
SITUATIONS

seen

BY ATTUNING
TO AND
SEEING THE
NEED BEHIND
THE
BEHAVIOUR

secure

BY HELPING
TO DEVELOP
AN INTERNAL
SENSE OF
WELLBEING

@_HAPPYASAMOTHER

4'S DEVELOPED BY DR. TINA BRYSON AND DR. DAN SIEGEL

Things children and youth need:

SAFE:

- reminders that they can do hard things
- knowledge that they don't have to do them alone

SOOTHED:

- time-in together
- space to feel hard feelings
- dedicated time and attention

SEEN:

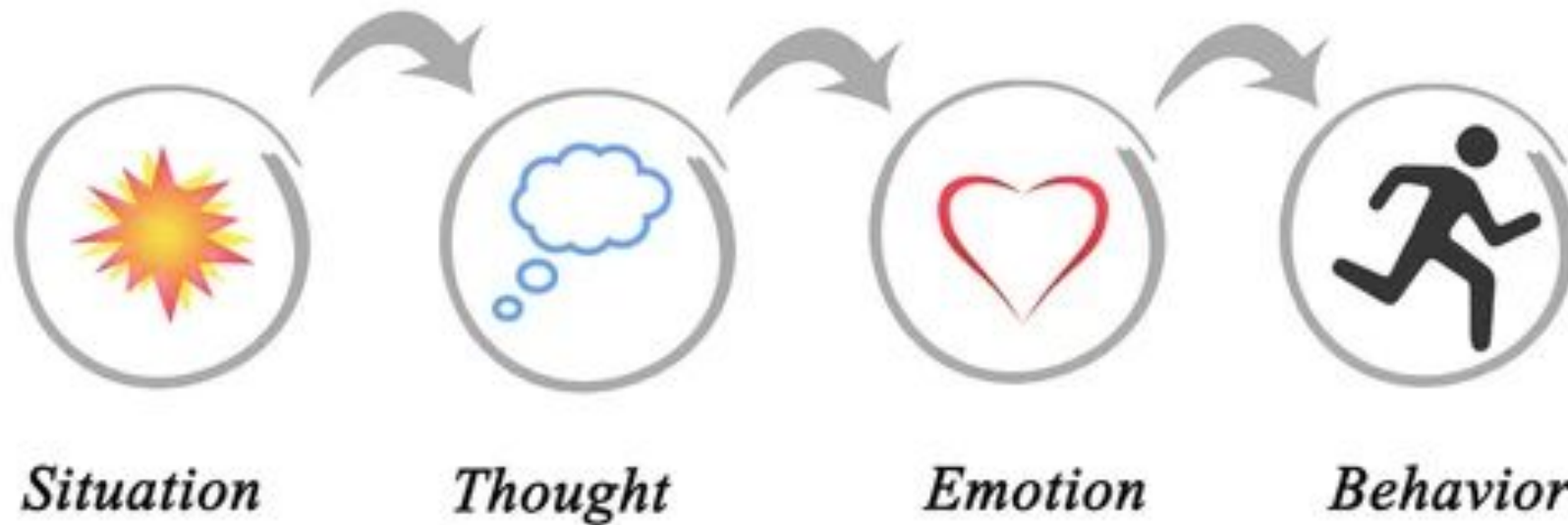
- recognition that this is hard
- noticing when tough behaviours are messages
- name it to tame it

SECURE:

- predictability=sense of control=safety
- space to practice their own coping skills



Supporting when Tough Behaviours Arise



Communication Blocks



(E. Causton, MSW)

Tapping into Needs



The infographic is titled "Sanctus. LOCKDOWN TOOL KIT" and features a small house and wrench icon. It is divided into four orange boxes, each representing a neurotransmitter and its associated activities. The top-left box is for Dopamine, the top-right for Oxytocin, the bottom-left for Serotonin, and the bottom-right for Endorphin. A small person icon is located in the bottom-left corner of the infographic.

Sanctus.

LOCKDOWN TOOL KIT

DOPAMINE
The Reward Chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN
The Love Hormone

- Playing with a dog
- Listen to music
- Do something nice for someone
- Give a compliment

SEROTONIN
The Mood Stabilizer

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN
The Pain Killer

- Laughter exercise
- Watch a comedy
- Dark chocolate
- Exercising

HEA WARNICK
SULTING

Self-Compassion in Challenging Times



-Dr. Kristin Neff

SHE BELIEVED SHE COULD AND SHE ALMOST DID, BUT THEN A PANDEMIC HIT AND SOMEONE ASKED HER TO DO DOUBLE THE AMOUNT OF WORK WITH THE SAME AMOUNT OF HOURS IN THE DAY, AND SOMEONE ELSE ASKED HER TO BE THE BEST VERSION OF HERSELF WHILE RUNNING ON FUMES, AND SHE LOST TRACK OF REALISTIC EXPECTATIONS UNTIL SHE HEARD ALL THE WOMEN TALKING, REALIZED SHE WASN'T ALONE, Poured another cup of coffee and decided her best was enough.

When to Seek Further Support

- Chronic physical symptoms without obvious cause
- On-going sleeping and/or eating disturbances
- Prolonged changes in typical behaviour
- On-going disengagement in relationships
- Increase in risk-taking behaviours, suicidal ideation
- Lack of interest in previously enjoyed activities



Questions

Resources

Resources: Grief in a Pandemic

[*A New Way to Mourn \(The New York Times - The Daily Podcast\)*](#)

[*Canadian Virtual Hospice COVID-19 Resources*](#)

[*Funerals in the Times of Coronavirus; Thoughts for Families \(Alan Wolfelt\)*](#)

[*Supporting Adults Bereaved Through Covid – 19: A Rapid Review of the Impact of Previous Pandemics on Grief and Bereavement \(Journal of Pain and Symptom Management\)*](#)

[*When Hugs Can Kill: Mourning Nova Scotia's Mass Shooting in a Pandemic \(The New York Times\)*](#)

[*When You Can't be With a Dying Family Member \(Whats Your Grief\)*](#)



<https://good-grief.org/wp-content/themes/x-child/pdf/Children-Funerals-and-a-Pandemic.pdf>

Dr. Bob Kemp Hospice Introduces
Ontario's First
Grief Support
Text & Online Chat Service



TEXT: 289-278-1885

OR VISIT:

[kemphospice.org/
support-line](http://kemphospice.org/support-line)



For Parents



Understanding children's grief and finding teachable moments

[START NOW >](#)



Talking about dying and death

[START NOW >](#)



Supporting a grieving child

[START NOW >](#)

For Educators



Overview

[START NOW >](#)



Grief in the classroom

[START NOW >](#)



Strategies for supporting grieving students

[START NOW >](#)

NOT IF BUT WHEN

WHAT WE DO

FEATURED BOOKS

MORE BOOKS FOR LITTLES

MORE BOOKS FOR KIDS

MORE BOOKS FOR TEENS

PRESENTATIONS

ADDITIONAL RESOURCES

OUR TEAM

BOOK RECOMMENDATION FORM



— not if but when —

books for young people about death and loss



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