



# Social Worker Newsletter



Volume 6, Theme: Stages  
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## Stages of Grief

Grief does not only occur when we lose someone; it can happen when we lose something—like the rest of the school year, traditional graduation, our typical way of life. Consider which stage of grief you may be in for one of your losses. Sometimes just knowing helps, because again—it's temporary.

### FIVE STAGES OF GRIEF

**DENIAL**

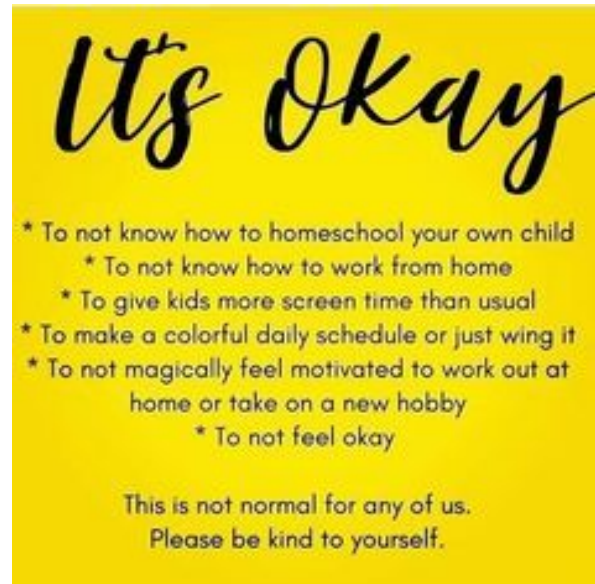
**ANGER**

**BARGAINING**

**DEPRESSION**

**ACCEPTANCE**

When you are talking to someone about what is happening and you can't find any common ground, it may be that they are just in a different stage. Also remember that people cope with stress differently. Some use humor, some talk, some shut down, some turn to drugs or alcohol, some display a calm front but freak out on the inside, etc. We are all unique. As we communicate with each other, let's keep in mind the differences that make us who we are and try to be supportive rather than critical. It helps us all!



## Resources

Idaho Public Television has a really cool and user-friendly website with tons of age-appropriate distance learning opportunities.

<https://www.idahoptv.org/learn/distanceLearning/>

The Community Resource Center at Ross is still open every Thursday 9-1. It is staffed by social workers, so it's an excellent resource for all kinds of help. Check it out!

## KSD Social Workers

Sara Lawson: Hubbard & IC  
Shannon Shayne: Reed  
Jeff Harry: Ross & CP  
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