



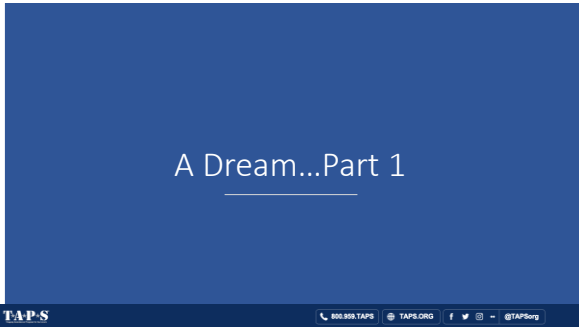
Grief in the Holidays: Finding Meaning and Hope as a Family

Andy McNiel, MA
Senior Advisor, Youth & Young Adult Services, TAPS

December 8, 2020
Presented by Boeing



1



2



3



Grief is an experience that often lacks a language

Sad, Angry, Depressed, Afraid, Exhausted, Confused, Upset, Guilty, Lonely, Forgetful, Distracted, Overwhelmed, Sacred, Changed, Alone, Misunderstood, Enraged, Heavy-Hearted, Shocked, Wounded, Disappointed, Awkward, Unfocused, Shattered, Drained, Disorganized, Numb

TAPS 800.959.TAPS TAPS.ORG f @TAPsong

4

A Dream...Part 2

TAPS 800.959.TAPS TAPS.ORG f @TAPsong

5



When we are no longer able to change a situation...we are challenged to change ourselves

-Dr. Victor Frankl

TAPS 800.959.TAPS TAPS.ORG f @TAPsong

6



7



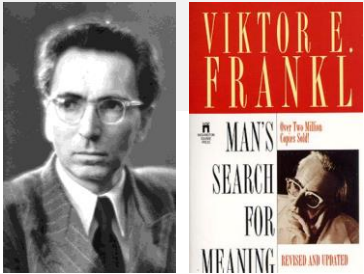
8



9

Victor Emil Frankl

- Born in Vienna, March 26, 1905
- Died September 2, 1997



TAPS 800.869.TAPS TAPS.ORG @TAPsorg

10

Meaning in Life

Creativity
By creating a work or doing a deed

Experiencing
Something or encountering someone

Control of Attitude
By the attitude we take towards unavoidable suffering

Frankl, V. E. (1984). *Man's search for meaning* (Revised and updated). New York: Washington Square Press/Pocket Books.

TAPS 800.869.TAPS TAPS.ORG @TAPsorg

11


Recognize that Holidays and Rituals are Important for Children

TAPS 800.869.TAPS TAPS.ORG @TAPsorg

12

What Children Need

- Physical activity
- Positive relationships with peers
- Positive reinforcements of self-image
- Options & the ability to choose
- Boundaries & accountability
- The truth
- Positive adult relationships
- Nurture



TAPS 800.959.TAPS TAPS.ORG @TAPsorg

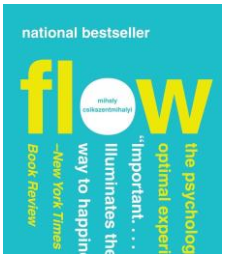
13

Practice Being Present



TAPS 800.959.TAPS TAPS.ORG @TAPsorg

14



national bestseller

flow

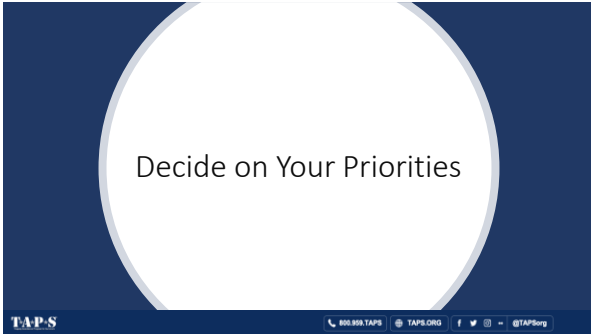
the psychology of optimal experience

By Mihaly Csikszentmihalyi

“Important... illuminates the way to happiness” -New York Times Book Review

TAPS 800.959.TAPS TAPS.ORG @TAPsorg

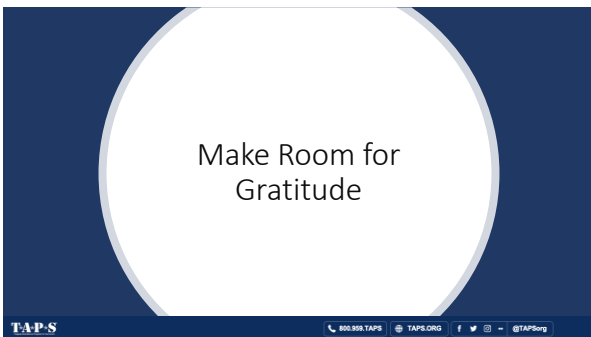
15



16



17



18



19

Questions?



20

Upcoming TAPS Institute Programs

- December 15** **Healing Trauma and Finding Hope in the Outdoors**
Live Webinar, Noon-1:00 p.m. ET
Christine Lynn Norton, PhD, LCSW, Professor of Social Work,
 Texas State University

- January 12** **"Be Strong" and Other Myths of Grief**
Live Webinar, Noon-1:00 p.m. ET
Kelvin Chin, MA, JD, Executive Director and Founder,
 Overcoming the Fear of Death Foundation, Turning Within
 Meditation Foundation

Visit taps.org/institute to learn more and RSVP!



21



Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).



Horizontal lines for notes

22

About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



Horizontal lines for notes



23

Copyright © 2020 TAPS Institute of Hope and Healing®
All rights reserved

Horizontal lines for notes



24