



BACKGROUND INFORMATION

ANXIOUS PEOPLE

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and Maggie.

WHAT ARE DIFFERENT WAYS THAT PEOPLE DEAL WITH GRIEF?

There are 5 stages of grief that people go through. Some experience the stages quickly, while others get stuck on a stage longer than others.

Stage 1 - Denial : In this stage, individuals may find themselves unable to believe or accept the situation that happened. Some pretend everything is alright, and some pretend that nothing happened at all. But eventually, they move onto the next stage.

CARLOS



THE OTHER STAGES OF GRIEF

Stage 2 - Anger

The second stage is anger. In this stage individuals begin to accept what happened but haven't fully accepted it. Because of this, some become angry or some form of negative emotion. Some chose to direct their emotions to others, while some chose to blame themselves. This stage is one of the worst but with grief one must press on.

Stage 5 - Acceptance

The final stage is acceptance. Individuals have come to accept that what has occurred, has occurred, and there is nothing they can do. For some this stage is the hardest, and people get to this stage differently. Some take their time getting to this stage, while others even skip stages, and quickly accept their realities.

Stage 3 - Bargaining

The third stage is bargaining. In the middle stages of grief, individuals may find themselves regretting past decisions and wishing to fix their wrongs. This happens because bargaining is a coping mechanism, used to defend from negative emotions.

Stage 4 - Depression

The fourth stage is depression. This is the second to last stage, where individuals are close to accepting the reality. Because of this fact, some people become depressed, sad, and feel other negative emotions. This stage is similar to the stage of anger. But finally, they move onto the last stage.



CARLOS

WHY IS PASSION AN IMPORTANT ASPECT IN PEOPLE'S LIVES?

Passion is a critical ingredient in a person's life. It gives us the courage to see life from a whole new aspect

Passion is what drives us and helps us to thrive in life. It helps people to invest in themselves and discover more about them.

Passion mirrors emotional strength as it makes us more resilient to endure all the hardships that may come in our path.

Passion also represents hope and happiness as it makes us feel more alive and gives life a meaningful purpose and brings joy to ourselves.

SADIA

WHY IS FRIENDSHIP IMPORTANT IN LIFE?

- Friends help us celebrate the good times in life and the wins we have.
- Friends also are there for us for support in our bad events and lows we endure.
- Friendship prevents loneliness and isolation so that we always have someone to lean on when needed
- Friends provide us with a close bond, stress relief, comfort, and happiness.
- Friends are people that can be there for you to vent to. No matter the subject, you can be open.
- Friendship provides you with someone that shares common interests or traits and you can love them endlessly.



LAURYN

WHY IS FORGIVENESS IMPORTANT?

- Begins healing process: Reduces burden and lets you focus more on the important things in life
- Forgiveness eventually improves your happiness and satisfaction in life
- An important part of healing and letting go of the past
- Letting go of anger and resentment will lead you to focus on positive things and building good relationships
- Helps you go forward with your life without negative feelings

ABOUT THE AUTHOR: FREDRIK BACKMAN



(Simon & Schuster)

#1

He is the #1 New York Times bestselling author of the books *A Man Called Ove*, *Britt-Marie Was Here*, *Beartown*, *Us Against You*, & *Anxious People* (Simon & Schuster).

#2

He has books published in over forty countries (Simon & Schuster).

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He lives in the capital of Sweden, Stockholm with his wife and two children (Simon & Schuster).

#4

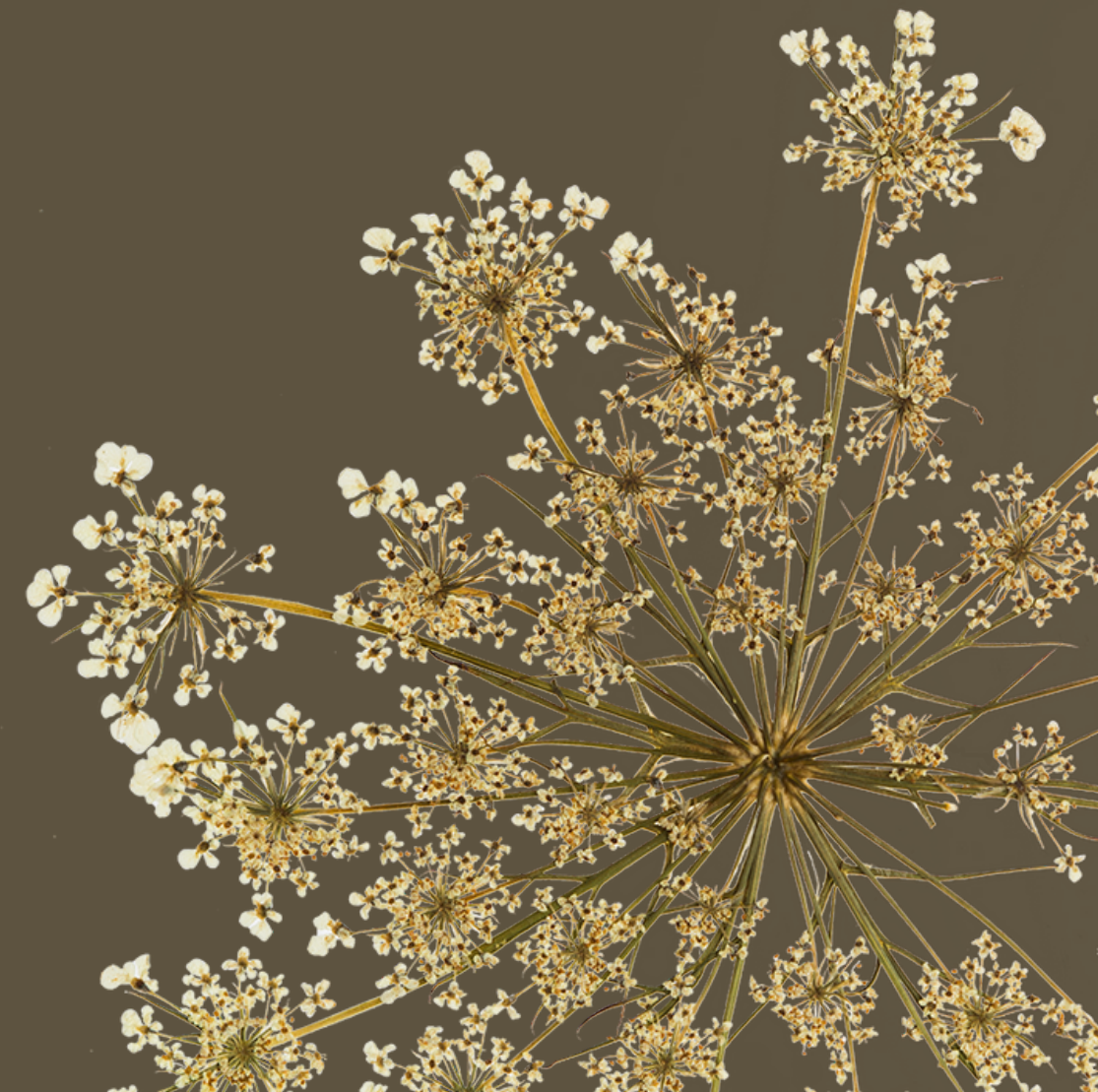
He has a Facebook, Twitter, and Instagram account (Simon & Schuster).

#5

Fredrick Backman was born on June 2, 1981 (Simon & Schuster).

WORKS CITED

Simon & Schuster. "Anxious People." Simon & Schuster, Simon & Schuster Digital Sales Inc., 2022, <https://www.simonandschuster.com/books/Anxious-People/Fredrik-Backman/9781501160844>.



THANK YOU

