

Session	Loss and Grief
Background Information	<p>Loss and grief are universal human experiences. Most people grieve when they lose something or someone important to them. The way grief affects us depends on a range of factors, including what kind of loss has been suffered, beliefs, religion, age, relationships and our physical and mental health.</p> <p>Grief is a natural response and affects people in different ways. Grief can affect our mental health and for those experiencing mental health problems grief can worsen the symptoms.</p>
Aim	To raise awareness of loss and grief and their impact on mental health and wellbeing
Objectives	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Dispel some of the myths surrounding loss and grief 2. List examples of different types of losses that can be experienced 3. Describe what grief is 4. Describe the impact grief can have on mental health and wellbeing 5. Discuss the different ways in which people grieve 6. Explore strategies and resources to support loss and grief
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Quiz • Presentation • Flipchart/pens • Session handouts • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Dispel some of the myths surrounding loss and grief	<ul style="list-style-type: none"> • Myth buster 	Quiz	10 min
2. List examples of different types of losses that can be experienced	<ul style="list-style-type: none"> • Losses in Life 	Flipchart/ Pens Slide	10 min
3. Describe what grief is	<ul style="list-style-type: none"> • None 	Slide	10 min
4. Describe the impact grief can have on mental health and wellbeing	<ul style="list-style-type: none"> • Body Map 	Flipchart/ Pens Slide	15 min
5. Discuss the different ways in which people grieve	<ul style="list-style-type: none"> • None 	Slides	15 min
6. Explore strategies and resources to support loss and grief	<ul style="list-style-type: none"> • What do people need? 	My world triangle handout or Protective factors handout Mental Health Resources handout	20 min
7. Looking after our own mental health	<ul style="list-style-type: none"> • Self-care 	Slide	5 min
8. Reflection and session close	<ul style="list-style-type: none"> • Reflection 	Reflective practice tool	5 min

Loss and Grief

Facilitator notes

Slide	Notes	Time	Resources
Slide 1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today. Emphasise this session is not to make participants experts on loss and grief but to raise awareness of these, the impact they can have on our mental health and wellbeing and available resources and support.		
Activity	<p>Loss and Grief Quiz</p> <p>Let's start with looking at some of the myths that surround loss and grief.</p> <p>Distribute the quiz to participants. This can be done on an individual basis or as a group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to loss and grief.</p> <p>Once completed, go through each of the questions to generate discussion. Using the supporting statements to provide the correct answer and information.</p> <p>Discussion point: Were there any surprises? Share that this activity helps challenge some of the myths associated with loss and grief.</p>	10 min (5 min activity, 5 min feedback)	Quiz
Activity & Slide 3	<p>What significant losses can happen in our lives?</p> <p>Divide the participants into groups, provide flipchart and pens. We are going to explore some of the losses that can happen in our lives.</p> <p>Invite the groups to think about and discuss examples of losses that can occur in our lives. Write these down.</p> <p>Take feedback from each of the groups, one/ two examples from each.</p> <p>Put up the slide with examples of losses.</p> <p>Discussion point: ask the participants what they think this activity demonstrates? Did they think of loss in the wider sense and not just bereavement? It shows that loss is part of life, we all experience it. Some of us may experience more than others but we all experience it to some extent.</p>	10min (5 min activity, 5 min feedback)	Flipchart/ pens Slide

Slide	Notes	Time	Resources
Slide 4	<p>What is grief?</p> <p>Do not put the slide up just yet.</p> <p>Discussion point: ask the participants to call out what emotions we can experience when we lose something or someone that is of importance to us?</p> <p>Participants may call out sad, angry, guilty, relieved, devastated etc. A whole range of emotions will be given. Don't spend a lot of time on this. Only take a few examples as this will be explored more in the next activity: how does grief affect us.</p> <p>Inform the group that this emotional response is called grief.</p> <p>Now put up the grief slide and read off the information.</p> <p>Highlight that grief isn't only associated with bereavement we can go through a grief process following any loss.</p> <p>Grief is an intense emotional response.</p> <p>It is a normal response to something that has happened to us.</p> <p>Grief is a very personal and individual experience. People grieve in different ways, there is no "right way" to grieve and we will look at different styles of grieving later on in the session.</p> <p>Our grief response can be dependent on various factors such as what kind of loss has been suffered, beliefs, religion, age, relationships and our physical and mental health.</p>	10 min	Slide
Activity & Slide 5	<p>How does grief affect us?</p> <p>(do not put this slide up until the activity is completed)</p> <p>Divide the participants into groups, provide flipchart and pens</p> <p>Now we are going to look at how grief can affect us. Invite the groups to draw the outline of a body and to think about and discuss the effects that grief can have on the body, considering the mental, social, emotional and physical effects. Write responses in and around the body outline.</p> <p>Take feedback from each of the groups, one/two examples from each.</p> <p>Put up the slide with examples of how grief can affect us. This focuses more on the emotional/mental impact grief can have.</p> <p>Highlight that grief can affect the mind and body and it can go hand in hand with a wide range of physical and mental effects. These are some examples and the list is not exhaustive.</p> <p>Discussion point: ask participants what they think this activity shows? Highlight that although the responses may appear extreme, this is a natural response to grief and we are not losing our minds.</p> <p>Conclude that our grief response will subside over time. We survive grief but life as we know it will never be the same again. Over time most people adjust to the loss and reinvest their energy back into activities and relationships etc.</p> <p>Please note that this is not always the case and prolonged grief can be complex and this session does not offer the opportunity to discuss this.</p>	15 min (10 min, 5 min feedback)	Slide Flipchart/ Pens

Slide	Notes	Time	Resources
Slide 6	<p>Different styles of grieving</p> <p>We have looked at the different losses we may experience, what grief is and how it can affect us.</p> <p>Discussion point: Ask participants if they think our grief responses are the same?</p> <p>Inform them that we are going to look at differently styles of grieving.</p> <p>As mentioned previously, grief is a unique and personal experience and there is no right or wrong way to grieve. When a loss occurs people may not express their reactions in the same way as others who may have experienced a similar loss. It is important that we have an understanding of the different ways of grieving as this can help us when it comes to supporting individuals and families and what may be helpful to support them through their grief journey.</p> <p>There are two different styles of grieving: Instrumental and Intuitive. However people can experience a blend of these and we will take a look at each one of these.</p>	5 min	Slide
Slide 7	<p>Instrumental Grieving</p> <p>Let's look at instrumental grieving: People who are instrumental grievers tend to be more private with this grief and less likely to show outward emotion. They tend to be more problem solving focused and direct their energies into activities eg, use their loss experience to have a positive outcome eg setting up support groups, campaigns etc.</p>	5 min	Slide
Slide 8	<p>Intuitive Grieving</p> <p>Then we have intuitive grievers. They tend to be more open and expressive with their grief emotions, they are more likely to talk about their feelings and share their stories with others. They will actively seek out support like talking therapies/ support groups.</p> <p>Blended Grievers</p> <p>However you find that most people tend to experience a blend of these grieving styles but one style of grief is usually more dominant than the other.</p> <p>Remind participants that this is not about being an expert on grief but to help us recognise that we all grieve differently and our support needs may differ, what might to be helpful to one may not be for another. One size does not fit all.</p>	10 min	Slide

Slide	Notes	Time	Resources
Activity	<p>What do people need?</p> <p>So now we are going to explore how we can support people through loss and grief and what can help?</p> <p>Divide the participants into groups.</p> <p>CYP: if you are delivering the session to participants working with children and young people, distribute the my world triangle handout.</p> <p>Adults: if you are delivering the session to participants working with adults, distribute the protective factors handout.</p> <p>Ask the groups to think about and discuss what individuals experiencing loss might need to help protect and support their mental health and wellbeing under each of the headings. Remind the participants to consider the different styles of grieving in this exercise.</p> <p>Take feedback from each of the groups.</p> <p>Here are a few examples of what we can do to deal with our grief:</p> <p>Talking to a friend, family member, support service to help deal with your emotions can begin the healing process.</p> <p>Recognise and accept that it is ok to feel sad. It's a healthy part of the grieving process. These emotions are ok to have, don't try and hide them or keep them contained.</p> <p>Try and keep routines in place. This helps gives structure and focus at a time when everything feels chaotic.</p> <p>Eat healthily and stay active (physically and mentally).</p> <p>Avoid misuse of alcohol. Alcohol is a depressant and will make you feel worse once the effects wear off.</p>	20 min (15 min activity, 5 min feedback)	My world triangle Protective factors handout
Slide 9	<p>When do people need help?</p> <p>We have looked at different types of losses, our reaction to loss which is known as grief, the impact that grief can have on our bodies, the different ways in which people grieve and what people need.</p> <p>It is important to remember that grief is a natural response to something that has happened, however there is no instant fix and after time the grief is less likely to be at the forefront of our minds. However there may be times when people need further help to support their mental health.</p> <p>Here are some things to consider, read the information off the slide.</p> <p>Remember grief is a very personal experience and people can have very different grief responses to similar losses.</p> <p>Distribute the mental health supporting resources handout CYP or adult. These are general mental health and wellbeing resources with some information on loss and grief supports. The list is not exhaustive.</p> <p>Discussion point: are there any local resources that participants would like to share information on?</p>	10 min	Slide Supporting Mental Health resources handout (CYP or adult)

Slide	Notes	Time	Resources
Activity & Slide 10	Remind participants of the importance of looking after their own mental health and provide a self care activity.	5 min	Slide
Session Close	Thank the participants for their time and ask them to complete the reflective session tool.	5 min	Reflective practice tool



Loss and Grief Quiz

True or false statements

(please circle)

1. You can only grieve a death	True/False
2. Grief is normal	True/False
3. Grief has an end point	True/False
4. The pain from grief will go away faster if you ignore it	True/False
5. If you are not crying then you are not grieving	True/False

Loss and Grief Quiz

Answers

1. You can only grieve a death	False There are many kinds of losses that evoke grief.
2. Grief is normal	True Grief is a normal response and reaction to a loss that we have experienced. We all go through it.
3. Grief has an end point	False We are often made to feel that we should have reached the end of our grief after a period of time. When we lose something of value to us and we loved the grief will be with us forever. It may feel different or become more manageable but it will always be there and that is ok.
4. The pain from grief will go away faster if you ignore it	False Ignoring your pain or trying to keep it from surfacing will only make it worse in the long run. We need to face our grief and actively deal with it.
5. If you are not crying then you are not grieving	False People grieve in different ways, there is no right way to grieve.