

Session	COVID-19 Loss and Grief
Background Information	<p>As we work through the disruption and impact of COVID-19, it has affected us all in some way or other. We have been left to deal with a tsunami of emotions from anger, anxiety, fear and denial, emotions often associated with grief. Grief is a natural response and affects people in different ways. 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. Grief can affect our mental health and for those experiencing mental health problems grief can worsen the symptoms. The lockdown measures have restricted our movements and freedom to connect with our social supports in the ways that we might normally. For those grieving this has proved to be extremely challenging as more often than not we cope with the help of family, friends, work colleagues and our wider social connections such as religious and spiritual gatherings, clubs and other activities. Keeping routines is one of the many ways in which people cope with grief and this has been difficult to do as our day to day lives have changed significantly. As a result, the pandemic has transformed lives unimaginably, affecting many people in different ways, with many experiencing loss in its widest sense, not only bereavement.</p>
Aim	To raise awareness of loss and grief during COVID-19 and the impact on mental health and wellbeing.
Learning Outcomes	<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 the different types of losses experienced as a result of COVID-19 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 and manage loss and grief.
Duration	<ul style="list-style-type: none"> • 1.5 hours (can be adapted to be less)
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 experienced as a result of COVID-19	<ul style="list-style-type: none"> • Losses during COVID-19 	Flipchart/Pens Slide	10 min
3. Describe what grief is	<ul style="list-style-type: none"> • Discussion based 	Slide	10min

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"> • Discussed based 	Slides	15 min
6. Explore strategies and resources to support loss and grief as a result of COVID-19	<ul style="list-style-type: none"> • What do people need? 	Slide	20 min
7. Looking after our mental health	<ul style="list-style-type: none"> • Self-care 	Slide	5min
5 Reflection and session close	<ul style="list-style-type: none"> • Reflection 	Reflective practice tool	5 min