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| Session Title | Loss and Grief during a Pandemic |
| Time | 40 mins |
| CFE HWB Organiser | Mental, emotional, social and physical wellbeing |
| Learning outcomes | I can show an understanding of the different types of losses experienced I can share ways in which I can manage my grief response |
| Resources | Slides Mental health supports document |
| <p>Slide 1: Introduction (5 mins) See introduction on PowerPoint slide notes section.</p> <p>Slide 2: Dispelling the myths: Loss and Grief Quiz (10mins) Activity Option 1: share the questions on the screen, give participants 3-5 minutes to complete. Once completed go through each question and share answers with the participants (answers on note section of PP). Depending on your group size, use the chat function to encourage participants to share their answers. Option 2: utilise online tools to develop survey to receive instant results.</p> <p>Discussion Highlight that grief isn't only associated with bereavement we can go through a grief process following any loss of something or someone of importance to us.</p> <p>Slide 3: What is grief? (5 mins) Read the information from the slide.</p> <p>Slide 4: What losses have we experienced? (5 mins) Activity Do not put the slide up until the activity has been completed. Ask the participants to think about and jot down a few examples of losses people (including young people) have experienced as a result of the pandemic. Once completed take some examples and encourage the participants to share responses in the chat function. Bring up the slide listing some examples and highlight this is not an exhaustive list but gives an indication of the breadth of losses that individuals, families, communities and society have experienced.</p> <p>Slide 5: How can grief affect our mental health? (10 mins) Activity Do not put the slide up until the activity has been completed. Ask the participants to think about and jot down how grief may affect our mental health. Once completed, take some examples and also encourage the participants to use the chat function to share their examples. Bring up the slide listing some examples and share this is not an exhaustive list. Conclude that grief can impact on our mental health and we can all respond differently.</p> <p>Slide 6: Healthy Ways to Manage Grief (5 mins) Activity Do not put the slide up until the activity has been completed. Ask the participants to consider healthy ways in which we can manage our grief during these times. Once completed, take some examples and also encourage the participants to use the chat function to share their examples. Bring up the slide and talk through the healthy ways to help manage our grief. Conclude that grief is universal and we all experience it, it is a normal reaction to a difficult situation but there are healthy ways in which we can manage it.</p> <p>Extension/take-home activity Circulate the child and youth mental health resources document (see resources above) and encourage the participants to spend time at home looking at what supports are available to help them during lockdown if they are struggling.</p> | |