

Loss, Grief and Mental Health

Session Overview

- The different types of loss
- The impact of loss and grief
- How people grieve
- Resources and support
- Looking after yourself

What losses can we experience?



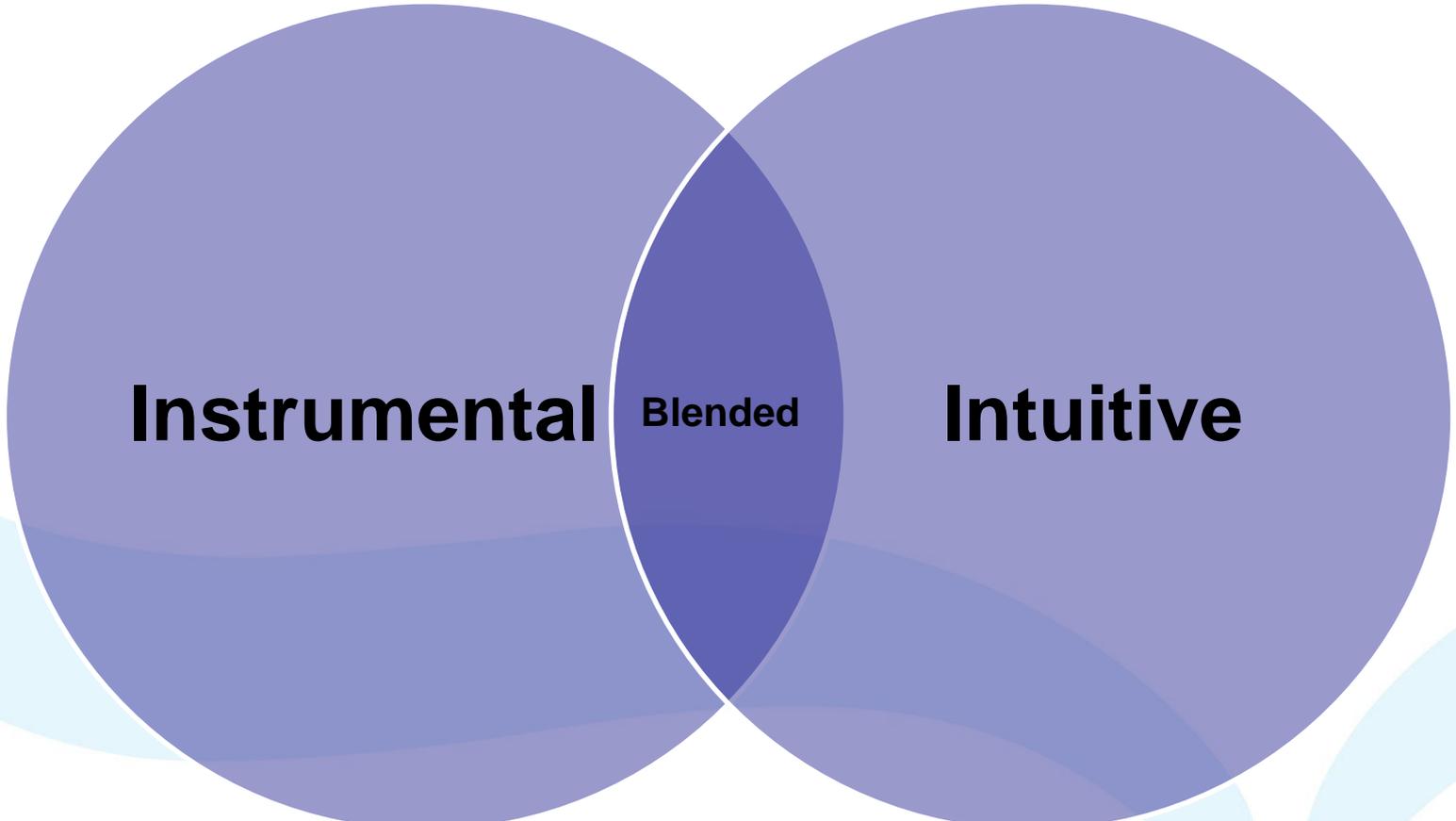
What is grief?

- Our response to a loss of something or someone that is important to us
- Intense emotional suffering
- Normal reaction
- Unique and personal

How does grief affect us?

- Withdrawn
- Exhausted/Lack of energy
- Difficulty concentrating
- Sleep (too little/much)
- Forgetfulness
- Low Mood
- Anxious
- Agitated
- Irritable
- Isolation

Different styles of grieving



Instrumental

Blended

Intuitive



Instrumental

- **Less likely to express emotion**
- **Grief tends to be private**
- **Problem solving approach**
- **Direct energy into activities**



Intuitive

- **More expressive with grief**
- **Share and talk about feelings**
- **Accept support**
- **Seek out forms of support**

When to get help

- Not able to cope with overwhelming emotions and daily life
- Intense emotions are not subsiding
- Relationships are suffering
- Not sleeping
- Symptoms of anxiety/depression

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....