

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?

- Death
- Divorce/Separation
- Miscarriage
- Moving home
- Having a baby
- Unemployment
- Redundancy
- Retirement
- Imprisonment
- Pets
- Health/Illness/Disability
- Seeking asylum/refuge

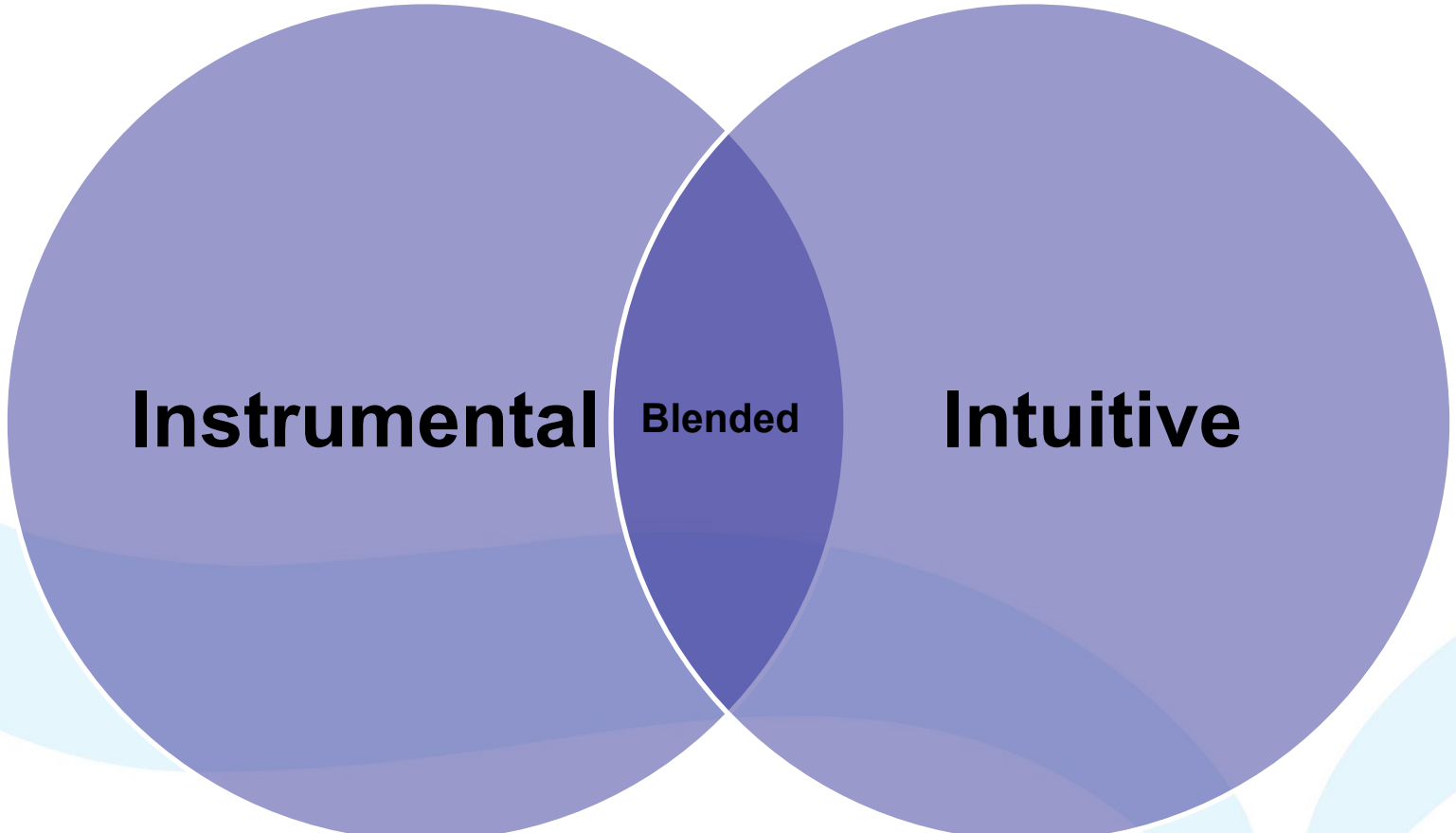
What is grief?

- 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- Withdrawn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



A Venn diagram consisting of two overlapping circles. The left circle is labeled 'Instrumental' and the right circle is labeled 'Intuitive'. The overlapping area in the center is labeled 'Blended'. The circles are a light purple color, and the overlapping area is a darker shade of purple. The background features light blue curved shapes at the bottom corners.

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.....