

Grief and Loss

Self-Management & Self-Care,
Module 2



AGENDA



1. Brainstorm: What do you think the key difference is between grief and sadness?



2. Activity: Individually, write about an experience of grief and loss that you have gone through.



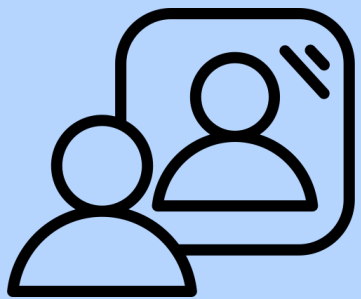
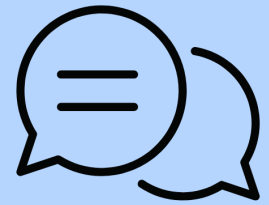
3. Reflect: What meaning can you find within the experience of grief or loss? What can you take away from the experience and move forward?



BRAINSTORM



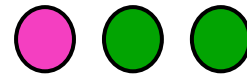
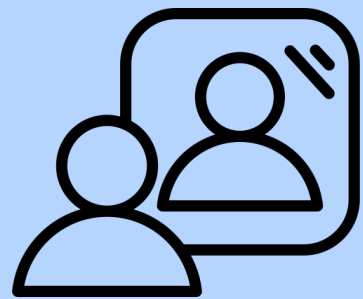
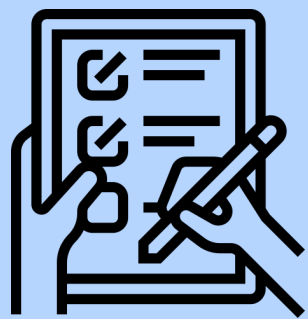
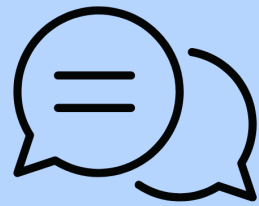
What do you think the key difference is between grief and sadness?



DISCUSS



The primary element in the experience of an instance of grief is one of an intense experience of loss. Experiencing instances of grief can be different for everyone. Some people might have a really difficult time managing their grief, and others may not. During an experience of grief, people may also experience anger or they might experience some other instance of emotion. All these feelings are normal. There is no "right way" to grieve.



DIVE IN



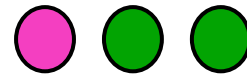
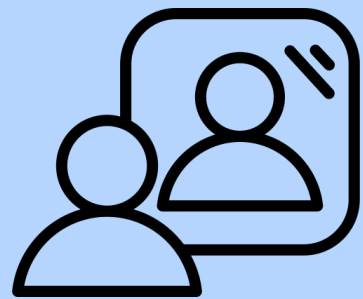
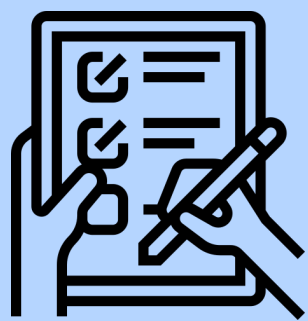
The primary element in the experience of an instance of grief is one of an intense experience of loss. Experiencing instances of grief can be different for everyone.

Healthy ways to deal with Grief

- Acknowledge your pain and the many different emotions and accept that everyone grieves differently, there is no “right way to grieve”
- Take care of your physical health and seek out support from people who care about you.

Unhealthy ways to deal with Grief

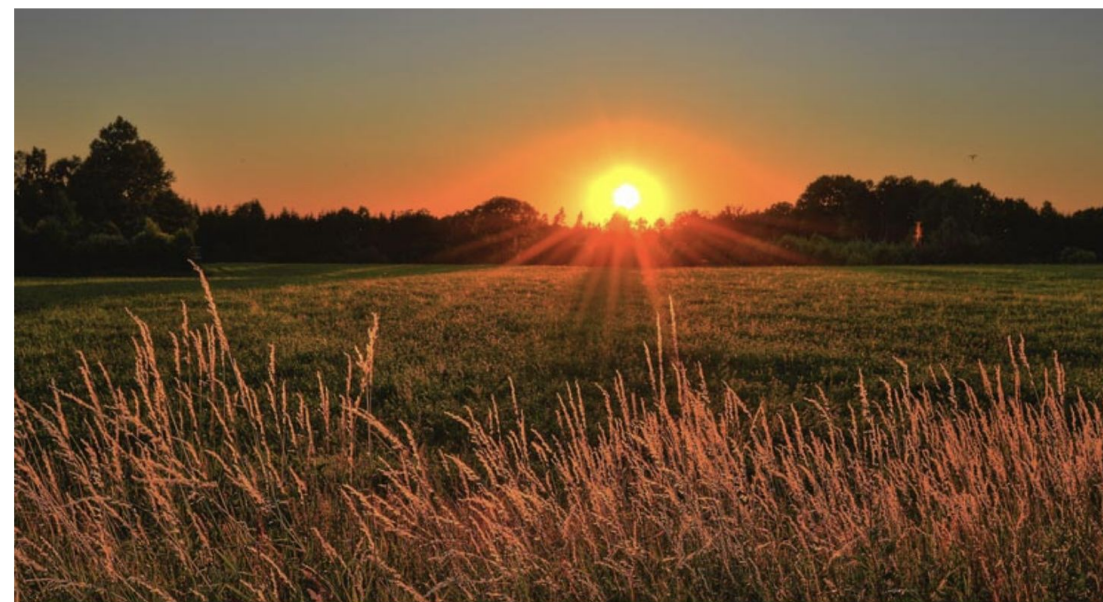
- Self-destructive or dangerous behaviors to avoid their feelings such as using drugs or alcohol
- Withdrawing from activities and people they once enjoyed to isolate themselves



DIVE IN



Giving yourself some time and accepting the feelings that you experience



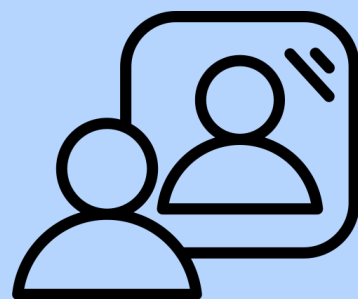
Be optimistic about your future. You have experienced loss but by making meaning from that experience, you can transform your life.



Make the decision to heal from the experience. Healing is intentional... meaning that you have to decide to heal, it doesn't just automatically happen.




No one can avoid the experience of loss. The realization that this painful experience is not unique to you can provide comfort.



ACTIVITY



Activity: Individually, write about an experience of grief and loss that you have gone through.

 **High School**

Worksheet

Name: _____ Date: _____

Grief and Loss

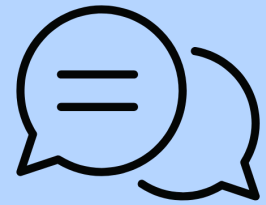
Write about a time you experienced grief or loss:

Reflect: In reading over your writing, what meaning can you find within the experience? What can you take away from the experience and move forward?
Fill in the blank: _____(experience) and I realize/understand/learned that _____.

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Guiding Questions

- Research shows that writing about these difficult experiences can be tremendously helpful! A lead researcher, Dr. James Pennebaker says “By writing, you put some structure and organization to those anxious feelings. It helps you to get past them.”
- Writing alone is not the magic bullet to wipe away feelings of grief, but finding meaning in the experience is also important.



REFLECT



Reflect: In reading over your writing, what meaning can you find within the experience? What can you take away from the experience and move forward?

Fill in the blank: _____(experience) and I realize/understand/learned that _____

_____.



Extend & Enrich

Grief changes you from who you were to who you are now. Looking back from before the loss, draw a picture of who you were. Draw a picture of who you are now. What has been the transformation?



Home Connection



Home Connection

Grief and Loss

Dear _____,

I'm writing to share that your student has been learning about the experience of grief in class. They explored how grief can vary greatly from person to person and that there is no "right way" to grieve. We discussed both healthy and unhealthy ways to manage grief, emphasizing the importance of strategies that help move toward acceptance rather than self-destructive behaviors.

We also learned about the recommendations of grief expert David Kessler, who suggests finding meaning in the experience, giving oneself time to heal, and being optimistic about the future. To help process these feelings, students spent time writing about their own experiences with grief, which research has shown to be a helpful activity.

Please discuss this question with your student: Can you share a time when you experienced loss and how you dealt with it? This will help reinforce their learning and provide an opportunity for you to support them in understanding and managing their emotions.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Spend some time writing about an experience of grief. Is it possible for you to find some meaning in this loss?





Further Study

Center for Loss and Life Transition

<https://www.centerforloss.com/2023/12/helping-teens-cope-grief/>

TeensHealth

<https://kidshealth.org/en/teens/someone-died.htm>
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GirlSpring

https://www.girlspring.com/surviving-grief-as-a-teen/?gad_source=1&gclid=Cj0KCQjwpNuyBhCuARIsANJqL9MKXtyeYWgy-Q0RYhy_obnqf2d2Pm_vKwqDuhcrKD69fa86-s38aMCwaAqRpEALw_wcB





Lesson Complete!

