

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

How to Deal with Grief

Power point with accompanying activity sheet

Dealing with Grief

- Grief affects everyone different and therefore different coping mechanisms work better for different people.
- There is no instant fix and the grief might be on the forefront of your mind. In the meantime, you can do the following to get you through this time:

The NHS Advice:

- Express Yourself – talk to someone who is close to you – friends, family, partner...
- Talk to a counsellor – there is no shame in seeking help.
- Allow yourself to feel sad – it's a part of the grieving process
- Keep your routine up – doing the simply daily tasks can help.
- Sleep – emotional strain can make you tired. If you have troubles sleeping, see your GP.
- Eat a healthy, balanced diet
- Avoid things and substances that ‘numb’ pain such as alcohol and drugs – you could end up feeling worse once the numbness wears away.

When to Seek Help

- If you feel like you cannot cope on a daily basis, you feel depressed, anxious and your emotions aren't subsiding, seek help. Your GP is always a good place to start. They can also direct you elsewhere appropriate to help you.
- There is no shame in seeking help.

Class Discussion

- How do you deal with grief?
- Do you know what works for you?
- How can you support someone who is dealing?