

# Grief:

A Normal Emotional Response to Loss

## Student Workbook

Grief comes in many forms and is not just a reaction to death. Grief is a complicated experience that looks different for everyone. In this curriculum module, we provide tools for understanding and normalizing grief, whatever form it might take.

### Objective

- Provide tools to manage grief related to death and loss
- Help normalize reactions to death and other losses
- Provide resources for understanding and working through those reactions



# Grief:

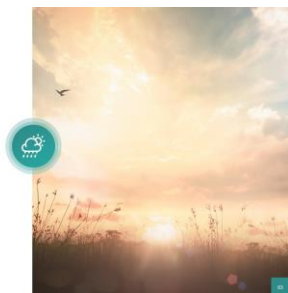
A Normal Emotional Response to Loss

## Student Workbook

### Slide 3

#### What is Grief?

Grief is defined as a normal emotional response to loss.



#### What is Grief?

- Define grief:

- What life events can lead to grief?

# Grief:

A Normal Emotional Response to Loss

## Student Workbook (continued)

### Slide 6



#### Key Takeaways From Video

- Bad things in life don't necessarily define you as a person
- When difficult things happen, it can feel like your world is over
- You are stronger and more resilient than you think – just like the plant!
- "You can rehearse the safety instructions over and over; things can still turn out very differently"
- Even through loss, there is one part of what you lost you can never lose: the part that is in you.

### Key Takeaways from Video

- What are your impressions from the video?

### Slide 7



#### What does Grief Look Like?

Grief looks different for everyone.  
Grief comes in waves—you can have good days and bad days.  
What are your ideas of what grief can look like?

### What does Grief Look Like?

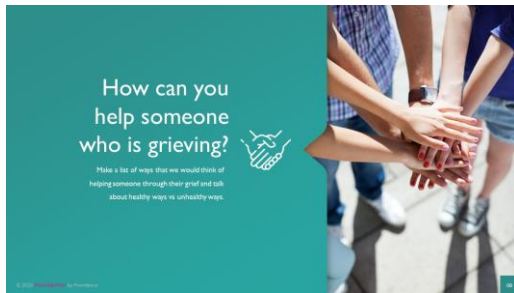
- What are some reactions one might have to grief?

# Grief:

A Normal Emotional Response to Loss

## Student Workbook (continued)

### Slide 8



### How Can You Help Someone Who is Grieving?

- Make a list of how to help someone through grief:

### Slide 10



### Outlets That Help During Grief

- What are outlets that help during times of grief?

# Grief:

A Normal Emotional Response to Loss

## Student Workbook (continued)

### Slide 11

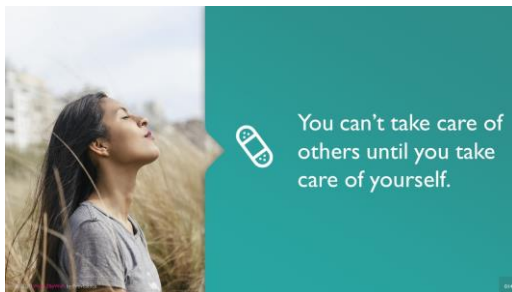
#### How to Support Someone Who is Grieving?

Validate what the person is feeling/experiencing.	Ask open-ended, non-judgmental questions.
If they don't want to talk, respect their decision.	Reassure them that you care.
Don't set out to solve their problem.	Make a date to check in with them and follow through with it.
Encourage them to reach out to a trusted adult or A professional for additional support.	

#### How to Support Someone Who is Grieving?

- What are other examples on how to reach out?

### Slide 14



#### You Can't Take Care of Others Until You Take Care of Yourself

- What are some steps you could take if you are grieving?

# Grief:

A Normal Emotional Response to Loss

## Help During a Crisis

If you or someone you know is in crisis, professional support is available.



<p><b>YouthLine</b> is a teen-to-teen youth crisis and support service. YouthLine operates a national helpline that provides crisis support and referrals via call, text, and chat.</p>	<p>The <b>NAMI HelpLine</b> is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public.</p>	<p>The <b>Trevor Project</b> is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer &amp; questioning (<b>LGBTQ</b>) young people under 25.</p>	<p><b>#ICANHELP</b> educates and empowers students to create positive online communities and become inspirational digital citizens.</p>
<p><a href="https://oregonyouthline.org/">https://oregonyouthline.org/</a> Call 877-968-8491 Or Text "teen2teen" to 839863</p>	<p><a href="https://www.nami.org/home">https://www.nami.org/home</a> Call 800-950-6264 Or Text "NAMI" to 741741</p>	<p><a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a> Call 866-488-7386 Or Text "Start" to 687687</p>	<p><a href="https://www.icanhelp.net/">https://www.icanhelp.net/</a></p>