

## Talk about it

Don't be frightened to talk about the person or relationship you have lost. Be honest about the good and bad times.

Try:

- Realise that friends and family care about you and want to listen to you
- Talking together about the person/situation (however painful), is really important.

## Be kind to yourself

You are going through an emotional and difficult time, be kind to yourself

Try:

Something you enjoy, like...

- Watching your favourite film
- Having a relaxing bath

## It's OK to laugh

You don't need to be sad all the time. Feelings come and go, sometimes you will feel happy but then suddenly find yourself experiencing sadness.

There is no right or wrong way to feel after a loss. Go with how you are feeling, if you are happy and enjoying yourself that is important, but if you feel you want to cry that is OK too.

## Grief is a spiral

We used to think we "got through" grief like it was a process but we have come to understand that it is more like a spiral...



## Show your emotions

Sometimes it can feel that if you start crying you will never stop or that you have to brave for other members of the family.

Remember:

- It is OK to cry in front of each other
- Crying soothes you and it does stop
- It is often not possible to be strong; we just store up the pain.

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## ways to cope with loss

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We all experience loss in our lives, from the break up of important relationships to the death of someone we care about



## Be active

Keep up with any activities that you enjoy. Physical activity has positive benefits whatever our mindset.

Try:

- Walking to help think and take time out of what can be stressful atmospheres at home



## Physical effects

After a loss it is not unusual to experience physical effects.

This could be:

- Disturbed sleep
- Trouble concentrating
- Loss of appetite
- Vivid dreams/nightmares
- Anxiety or mood swings

These are normal and in time should pass

## A unique journey

The journey of loss is unique to you. Even members of the same family, will experience different emotions to the death of a loved one.

Remember:

- There is no right or wrong way to take this journey
- Try to understand when others are not feeling the same way as you

## Make memories

Find ways to mark or remember the loss of significant relationships

Try:

- Making a memory box
- Holding a special ceremony, with a death this could be the funeral
- Write a letter to the person who is gone

## Adjusting

We never "get over" losing someone special but in time we do adjust to life without them.

Remember:

- You will never forget them or the part they played in your life
- Be honest about what you have lost
- Find ways to remember them as life moves on without them

- LISTEN—You might be the only person they talk to.
- Do not panic - this person needs you to be strong
- Encourage (but do not force ) them to talk
- Ask the person if there is anything you or school can do that might help?
- If you are concerned about their wellbeing or safety, record your concern and report it to the next (and via MyConcern– for staff)
- Ensure the young person know that you must pass on information that suggest that they may be at risk of harm, and explain what you will do.
- Follow up with them again and be there if needed. Report it again if you are still concerned about them.

### **Useful websites**

[www.winstonswish.org](http://www.winstonswish.org)

[www.mosaicfamilysupport.org](http://www.mosaicfamilysupport.org)

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

- Loss ● Anger ● Anxiety ● Sleep ● Bullying ● Managing Behaviour
- Coping with parents breaking up (leaflets for parents as well)
  - Lockdown ● Self-harming ● Attendance ● Dyslexia
  - Dyscalculia ● ASD ● ADHD ● Depression ● Workload
  - Work stress ● Confidence

If you would like to receive a copy of any of these leaflets,  
or to contact the Pastoral Team...

email [wellbeing@purbeck.dorset.sch.uk](mailto:wellbeing@purbeck.dorset.sch.uk)