

As our workshop "Life with Loss: Understanding Grief and Memory" aims at supporting young people to talk about universal emotions of grief and loss, this paper equips you with resources to support your students to talk about this emotions, and helps you to identify how someone is grieving. How we grieve can vary greatly from person to person.

## WHAT ARE POSSIBLE RESPONSES TO LOSS?

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- anxiety
- depressive symptoms
- fears
- angry outburst
- regression
- lower self esteem
- greater loss
- risk taking behaviour

## HOW SHOULD YOU RESPOND?

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- give them permission to grieve
- listen actively in a non-judgemental, empathetic and congruent way
- communicate
- try and understand
- create a safe space
- acknowledge loss
- allow them to just be
- link thoughts, behaviour and feelings
- encourage more constructive, less destructive patterns
- give them time and space; *be there*
- bear their grief; it's okay and normal to cry.
- provide a secure base and routine
- help them to get outside help

**Always keep in mind: Everybody grieves in different ways.**

### FURTHER RESOURCES

Grief Encounter's website: <https://www.griefencounter.org.uk/>

Grief Guides: <https://www.griefencounter.org.uk/get-support/support-services/grief-guides/>

Check out Grief Encounter's YouTube : <https://youtube.com/user/griefencounter>

**gr'eftalk helpline**  
**0808 802 0111**

Open weekdays  
9am - 9pm



chat online at [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

email [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

**gr'ef  
encounter**

supporting bereaved children & young people

**We have partnered with Grief Encounter  
for this workshop.**