“Learning About Changes and Losses In Our Lives”
Welcome

Please write down 🌟 reasons why you are here today?
Now please partner up and name yourself A and B!

A- Please take 2 minutes to communicate with your partner and explain to them about a time you felt Loss- Change.

Talk about what happened.

How did you felt after the event?

Any implications this loss has had on you as you carried on with your future.
What do you see?
Students - people who are coping with change and loss
Possible Signs of Stress!

- Accident proneness
- Hitting
- Anger
- Kicking
- Anxiety
- Insomnia
- Appetite Loss
- Stuttering
- Baby Talk
- Indigestion
- Bed-wetting
- Thumb sucking
- Biting
- Pounding Heart
- Crying Spells
- Grinding Teeth
- Detachment
- Fingernail Biting
- Excessive Aggressiveness
- Respiratory Tract Illness
- Excessive Laziness
- Tattling
Strategies to reduce stress in children: Helping to manage stress

Acknowledge their feelings
Promote a positive environment
Set a good example
Help children through reading and talking about stories
Teach children ways to calm down
Reduce structured activities and allow plenty of time for play
Reassure them that the change is not their fault
Offer affection!
Try and encourage children to make own decisions and encourage different ways to communicate thoughts
Don’t hesitate to seek assistance from others
Eat healthy, rest well and continue with regular routines where ever possible

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Things some people say and do when someone dies!

• Things will get easy in time/Time is a great healer.
• You wouldn`t want to see them suffering any longer.
• Things will get back to normal soon.
• Only the good die young.
• They wouldn`t swap places with us now.
• Best get back to normal ASAP.

• Isn't it time you were feeling like your old self again
• Say nothing, avoidance, expectations are unrealistic, say unhelpful comments or pretend that the person has never been.
Things some people say and do when someone dies!

• Offer unconditional support day and night
• Never tire of listening
• Cook
• Know when to be there.
• Support financially
• Deal with funeral arrangements
• Share stories of the lost member.

• Write beautiful moving messages
• Assist with amazing rememberance celebrations
• Share personal feelings about their own loss
• Are not afraid to say or do the wrong thing!
## Situations to try on, reflect upon, learn from!

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<td><strong>1</strong></td>
<td>Your good friend has just lost their life partner.</td>
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<td><strong>4</strong></td>
<td>You must report some concerns to a care-giver. They are angry with the world after an unexpected divorce.</td>
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<td><strong>7</strong></td>
<td>A relative of your neighbor has been murdered.</td>
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<td>A new work colleague arrives and struggles to communicate with anyone and is not settling in.</td>
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Please write down actions that you will go on to do in the future as a result of today’s workshop

These actions can be new, ones to be continued, ones to do in the present or in a few months. They can be solitary or you may decide to ask others to join you.
Please Remember
Not All Changes Is Bad!

Note    wondering you still have! Ask that your inquiry will somehow, someway be answered!

Choose to live a LIFE THAT MATTERS...
Please fill out the evaluation.

Thank you!