

## Week 4 – Self-care & Building Resilience

Aims – The lesson will	Objectives – At the end of the lesson the student will be able to
<ul style="list-style-type: none"> <li>Explore ways in which people in general (and students themselves) can look after themselves at a time of loss and grief.</li> <li>Look at how to build resilience so that one can draw on that in difficult times including during a time of loss and grief.</li> <li>Highlight for students the supports that are available to support them during a time of loss and grief.</li> </ul>	<ul style="list-style-type: none"> <li>Understand how best how to look after themselves when they are feeling a sense of loss or grief.</li> <li>Be able to identify the supports available to them at a time of loss or grief.</li> <li>Understand what helps to build their resilience which they can then draw on at difficult times.</li> <li>Reflect on their learning in class, on what they are grateful for and what they feel positive about.</li> </ul>

### Resources needed – Powerpoint, worksheets

**Introduction** - Discuss the importance of needing to be able to be kind to oneself while suffering any kind of loss and the importance of being able to identify the things that might help in terms of self-care and building resilience. Highlight the fact that although loss and grief can bring up different emotions and feelings if we have a good sense of what helps us to deal with anxiety and worry have about other issues in our lives that can help us to develop skills to care for ourselves when we find things difficult and strengthen us to cope.

The slide on ‘Emotional Check-In’ with the image of the emotions from the film ‘Inside out’ highlights the importance for them to try to tune in to how they are feeling at different times, acknowledge those feelings and think about ways to deal with feelings of sadness, loneliness, heartbreak, anger, etc.

### Powerpoint Presentation

**Activity 1 - Group Activity** - Divide the class into groups of 4 (socially distanced) and ask them to think of examples of activities that young people could do to help them to cope when they are feeling a sense of loss and grief. Ask them to come up with 5 examples of things they could do by themselves and 5 examples of things they could do with others. Choose one person from each group to feed back the ideas to the class. Record on the board and leave them up for the rest of the class. Get students to return to their individual seats. To adapt to digital group work see guidelines on [https://www.jct.ie/wholeschool/pdf\\_strategies\\_for\\_active\\_engagement/assigning\\_group\\_roles.pdf](https://www.jct.ie/wholeschool/pdf_strategies_for_active_engagement/assigning_group_roles.pdf)

**'10 things to try when the grief tide rolls in'** Slide. Go through these suggestions with them from [https://www.dougy.org/docs/Tips\\_for\\_Grieving\\_Teens.pdf](https://www.dougy.org/docs/Tips_for_Grieving_Teens.pdf)

**Slide from Mental Health Ireland** – Look at the image of what we can control and what is outside of our control in times of uncertainty. Revert back to the first class where we discussed the losses felt as a result of Covid and felt in general as part of our experience of life. Uncertainty can lead to increased levels of anxiety so it is important to reflect on things that we can control and things that are outside of our control on a regular basis.

**Activity 2** – Ask students to take a few minutes to fill in the blank version of '*In times of uncertainty, focus on what you can control*' in their worksheets.

**Slide on 5 Ways to Wellbeing** – Show this and discuss the importance of building our resilience over time to cope with the difficult times and experiences when they come, including loss & grief. Draw attention to the image on their work sheets.

### **Video - Five Ways to Wellbeing - Mental Health Ireland (2.42mins)**

<https://www.youtube.com/watch?v=bsc2QkCC3uI&t=33s>

**Activity 3 – Worksheet – Self-care and resilience plan for me** – Students take some time individually to fill this up for themselves. As this is the end of a topic that has been quite heavy and personal it might be any idea to plan some upbeat music for students as they fill this in. (This is an alternative to the reflection sheet from the other 3 classes)

### **Teacher Resources**

[https://www.dougy.org/docs/Tips\\_for\\_Grieving\\_Teens.pdf](https://www.dougy.org/docs/Tips_for_Grieving_Teens.pdf)

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>