

## Loss and Change



‘It’s a struggle, but you can survive it. It gets easier as memories come in and grief goes out.’ (Worden, 1996 in Mallon, 2011)

## Talking about loss and change

Loss and change is a personal, social and cultural event. Young people look at the adults around them to get a lead on how to respond to loss. There is no definitive path for grief nor a time limit. What helps is feeling understood, loved and attuned. It is more about becoming resilient rather than recovering.

Loss and change can be experienced as:

- Losing too much
- Emptiness
- Sadness
- Shock
- Pain



Always remember, when you lose someone or something you love, it feels like the world loses all its warmth and colour and feel like a cold bleak winter. But with time, the warmth and colour will return.

<https://www.youtube.com/watch?v=SlxND1GKHiQ>



Seasons for Growth is an 8-week programme offered at school for students who have experienced changes in their lives because of a significant loss, death, separation or divorce. If you need more information about it contact the **Support for Learning team**.