

## **Navigating the Path from Grief to Relief: A Journey Beyond Heartache**

### Understanding Grief

- Recognising the diverse forms of loss
- Acknowledging the emotional impact of different types of grief
- Dispelling myths surrounding grief and its manifestations

### Unpacking the Grieving Process

- Examining the stages of grief
- Developing self-awareness in navigating personal grief

### Coping Strategies for Various Losses

- Practical coping mechanisms for grief related to job loss
- Navigating the complexities of grief within relationships
- Addressing the unique challenges of health-related grief
- Financial grief: strategies for coping and rebuilding

### Building Resilience and Finding Meaning

- Developing resilience in the face of loss
- Identifying opportunities for personal growth and meaning-making

### Module 5: Supporting Others in Grief

- Effective communication with grieving individuals
- Creating a compassionate support network
- Recognising signs of complicated grief and seeking professional help