

Scenario 1	Pros	Cons
Talk to a family member, friend, teacher or other trusted adult	Can provide emotional support, listening and empathy; refer them to other support services if needed; take steps to support them in school.	Might be hard for the person to explain their feelings or start the conversation; they might not want to draw attention to themselves or 'burden' others.
Ignore feelings and emotions	Can temporarily relieve the pain or distress someone might be feeling.	Feelings cannot be ignored forever - this will only delay their grief, it won't make it go away forever.
Find people with a similar experience through online/ face-to-face support groups	Can provide emotional support, listening and empathy; members may suggest positive strategies that they have used; a safe space to discuss experiences with people who are more likely to understand.	Might be uncomfortable talking in a group setting; it might be difficult to find support groups locally/in an accessible place.
Establish and stick to a routine (e.g. eat, sleep, go to school, exercise)	Allows body and mind time to rest; healthy lifestyle choices regarding diet and exercise can lift someone's mood; can help them feel a return to normality.	Might be challenging if their routine at home has changed (e.g. new responsibilities); finding motivation to stick to a routine may be difficult; someone might not know where to start establishing a new routine.
Create a memory box, photo display or scrapbook	Can provide a positive outlet for expressing emotions and help someone to remember happy times or things about a person.	Some people might find this too painful to do soon after a loss.
Express feelings by writing in a diary or writing a letter (which does not need to be sent)	Can be a positive outlet to someone who might not want to discuss their feelings; can help them reflect on feelings and the impact of coping mechanisms.	Some might worry about others finding what they have written; some might find it challenging to express their feelings through words.
Spend time with friends or family socially	They can provide listening and empathy if needed; can provide positive distractions and a sense of normality.	Some might find resuming normal social activity difficult; they might worry about upsetting others or 'bringing down the mood'.
Explore ways to express emotions through music or art	A creative outlet for someone who might not want to discuss their feelings; can help explain their feelings; can help them reflect on how they feel and the impact of different coping mechanisms.	Some people might not find it helpful to express themselves creatively or may not enjoy using these mediums.
Seek professional help and support such as counselling	Provides accurate, reliable information about what grief is and how it can make someone feel and behave; provides listening and empathy; provides therapeutic support.	There might be waiting lists for professional help; some might be nervous or worried about talking to a stranger, or might not know how to access this support.
Cry, scream, shout	Can provide an emotional outlet or relieve tension so feelings don't build up.	Some might worry about drawing attention to themselves or upsetting others; some might feel like they have to be 'brave' to support others.