

## BREAK

5 MINUTES

Now we are going to take a five-minute break. During this break, we will be doing stretches. Stretching helps to relieve tension in the muscles and can help alleviate stress.

- Begin different muscle stretches (e.g., arms, shoulders, head, neck). These stretches can be based on the personal preferences of the group facilitator. Group participants may also be encouraged to walk around the room or do brief contained cardio exercises such as jumping jacks to “shake out” any tension or pent-up energy they may be feeling.

# GRIEVING AND TBI GROUP ACTIVITY



## COPING STRATEGIES

10-15 MINUTES

*Facilitator should hand out the “Grieving and TBI Recognition and Strategies” handout (found in the handouts section for this week).*

- Now that we have discussed the signs of grieving, we are going to work through the grieving and TBI Recognition and Coping Strategies handout. Check off any of the items that you have or are experiencing.
- Now check any of the coping strategies you can see yourself trying.
- Have the Group share what they checked.