

# GRIEVING AND TBI GROUP ACTIVITY



15 MINUTES

Now I want everyone to take their piece of paper and hold it tightly directly in front of your face. How do you feel trying to have a group discussion with your Brain Injury paper in front of you like this? Do you feel engaged in the discussion, can you see what is happening in the room?

*Pause for answers.*

So, while you're so focused on the brain injury, you get disconnected from what is happening around you. If I asked you to do a math problem like this or to type on a computer, would you be able to?

*Pause for answers.*

While you are focused on the paper, it makes it difficult for you to stay connected to what is happening in your life and for you to do the things that you need to during the day.

And if I asked you to hold the paper like this for the rest of the day, how do you think you would be feeling? Probably pretty tired, right? So now, just take the paper and lay it on the table in front of you. You can still see it; you know that it is there. Do you feel more connected to the group discussion now? Would you be able to type on your computer like this?

*Pause for answers.*

Having the Brain Injury on the desk in front of you is still not the most comfortable, but this way you can do the things that you need to do. Even though you have this brain injury, you can still do the things that you want to do in your life. Now we are going to talk about some things that will let you put the Brain Injury on the desk instead of keeping it in front of your face so that you will be able to go about your life without having to focus on the Injury.



## VALUES ACTIVITY

10 MINUTES

On the back of your paper, I want everyone to write a list of values that they have. These can be anything that you think is important, like honesty or kindness.

*Ask for a few suggestions to write on the board.*

How can we live by these values in a realistic way? What are some things that we can do?

*Write suggestions on the board. For Kindness, maybe write "say something nice to someone every day."*

Things like these that we have on the board can help you make meaning in your lives. You have to remember that you are still important and in control of the way that you choose to live your life. Doing simple activities like these can help you to remember that.



## WRAP-UP

5 MINUTES

What are things that went well? What are things we could change for next time? What are some things that you will take away from the group today? Do you have any questions?

***If time allows, consider the following:***

*Think about how they can still live meaningful lives even after injury.*

*Talk about the thoughts that they may have holding them back and awareness of the fact that you have to cope all the time w/ brain injury. Acceptance is acknowledging what is different, what's the same and how to blend those to form new identity.*