



Program Overview

LightsOut provides a Grief Education Program designed to empower people by increasing their knowledge and awareness about dying, death, and grief. Increased death literacy reduces the negative flow-on effects of grief, and further develops the skills needed for supporting others who are grieving.

The platform's main focus is to increase awareness and understanding of death and grief bereavement and equip people with tools to not only support themselves through grief, but to show up effectively for others.

LightsOut is an online death and grief personal development program, consisting of 10 interactive self-led modules. The program delivers a suite of key evidence-based tools on one platform for easy accessibility. It comes from a place of lived experience as a young person, which creates relatability for a young person therefore creating a valuable resource that is appealing and engaging.

Module 1: Strengths

We gain an understanding of our personal strengths, and how they play a role in our ability to move through grief. By the end of the unit, we will know what our top 4 strengths are, how they can help or hinder our grief journey, and practical ways to use them to our advantage. Knowing this gives us meaning to our lives, as well as something to focus on, encouraging a more positive way to process grief that ultimately improves our lives.

Module 2: Personal Views on Death

To begin to feel comfortable enough talking about death, it's important to understand what death means to us. By doing so, we gain knowledge on how other people might view death, which supports empathy and understanding. This in turn helps us better support individuals compassionately and acceptance that we all grieve in our own way. We then reflect on any grief experiences we've had in our own life to date. We explore how this has affected our view on death, noting emotions and feelings at the time. This will give us a basic understanding of how grief may present for us in the future.

Module 3: Emotions of Grief

We learn about the wheel of emotions, and how grief can include any and all of them. We explore emotions we have felt during prior grief experiences in greater depth. (By using the wheel of emotions, we can delve deeper into what we truly felt and understand why we felt that way.) We learn that emotions also show up physically in our bodies. By doing a mindfulness exercise, we can begin to recognise emotions as they arise. We then go on to debunk any ideas we have about showing our emotions and begin to understand that we are allowed to feel however we feel, and it is in fact vital to feel our feelings in order to move through grief. We also learn about how different types of deaths can affect our emotions.

Module 4: Actions of Grief

We look at the different things we can do to help us process our emotions in a positive way, and how to *respond* to our feelings rather than react. Reflecting on our goals, we begin compiling a list of different strategies we can use in grief that will improve our lives. We can then create step-by-step instructions for achieving a few of our bucket list items, just when we need a little fun.

Module 5: Life and Living

Here we learn valuable life lessons from those who have been touched by death in one way or another. We look at our goals and ensure they align with the way we want to live our lives, and the future we would like to create for ourselves. When we think about how we want to live, we can start to shape the legacy we want to leave when we die, and ensure we are living our best life.

Module 6: Empathy

Increasing our understanding of empathy allows us to be gentle on ourselves during our grief, and allows us to approach others more compassionately. It gives us the ability to take a moment and respond to others, rather than instantly reacting, which can lead to more conflict and feeling judged. We look at what empathy is - and what it isn't. We put ourselves in someone else's shoes and look at things from their perspective. This helps us to better understand how they might be feeling.

Module 7: Everyone Grieves Differently

Just as our beliefs surrounding death affect the way we grieve, other people's beliefs affect the way they grieve, and this might not always align with our journey. Using our strengths, goals, and a bucket list, we create a self-help wheel to support us when people around us are negatively impacting us. We look at things that people may say, that although they are trying to be helpful, they often come across as quite hurtful, and how we can deflect them. We also learn how to spot harmful grief and what we can do to help them.

Module 8: Supporting the Grieving

Knowing how to support someone in grief is so important. Here we learn different things that we can say and do to show up for the ones we love. We learn about the Kvetching Circle and how that plays a role in supporting someone else's grief, and ways we can provide the most effective ongoing support.

Module 9: Funerals

Having an understanding about funerals before we need to organise one ourselves, can save us a lot of stress and heartache. In this module, we are taken through the process from the moment our person dies, up until their funeral. When we know what options are available for celebrating our lives, we can begin to think about how we would like to be celebrated.

Module 10: Personal Death Awareness

We reflect on our grief skill journey and everything we've learnt. We see it come together to create our own toolkit, before finally exploring what personal death awareness means to us. Here we see our toolkit take shape, and we reflect upon how we feel about death now and if it has changed since Module 1. Is it something we now feel better talking about?

**For more information, visit
www.lightsout.app**