**Looking After Yourself - Part 1**

When supporting a bereaved pupil or dealing with a bereavement that's impacted the whole school community, it's really important to look after your own well-being. If you're not looking after yourself, you can't look after anybody else. Thinking about assessing your own vulnerability is key and knowing when it is time to take a step maybe back or articulate to those people around you that are maybe not the best person or it's not the best time for you to have these conversations is essential.

You've got to look after the children's mental health and well-being, the staff's mental health and well-being, and the senior leadership's mental health and well-being because it affects the whole school community; it affects the family and the community.

There's not just one thing that's happened, it's happening to many other people. Keeping everybody safe and mentally healthy and well-being is one of the biggest priorities. But be honest. That's the biggest thing. Be honest.

You may worry about getting upset in front of a pupil, but actually that's not the worst thing. As long as you talk through your emotions with that pupil, reassure them and then ensure that you go and have a conversation and get some support afterwards. It can be a powerful experience for both parties in the way that you would be working with that young person and helping them to articulate their understanding of death and express their emotions. You are in turn doing the same, and this can be a helpful part of the grieving process.

*SEN8 Looking after yourself - Part 1*