

GRIEF DURING COVID-19

INFORMATION FROM: ECONDOLLENCE



WHAT IS GRIEF?

- Emotional suffering related to loss
- There are 5 stages
 - Shock
 - Feeling numb or feeling like the loss is unbelievable
 - Denial
 - Trying to avoid talking about or acknowledging the loss
 - Anger
 - Getting mad that the loss has happened
 - Depression
 - Realizing the depth of the situation
 - Acceptance
 - Finding a way forward

WHAT IS GRIEF?

Grief is a strong emotion that people experience when they lose someone or something that was close to them. It is a natural reaction, but it can affect us all differently.

Grief can occur from different types of loss. This includes death of a loved one, loss of a friendship, a break-up, a pet dying, or moving away from home.

Common stages that people who are grieving experience include denial, anger, bargaining, depression and acceptance. These stages can come in any order and last for different lengths of time.

Some common feelings experienced are sadness, anger, anxiety, shock, and loneliness. Some people might also experience a lot of guilt or self-blame depending on the situation.

There's no time limit on grieving. Everyone goes through this process in their own way. Make sure that you take the time that you need. If you are having trouble coping on your own, it might be helpful to talk to someone.

Other reactions include confusion, forgetfulness, and trouble concentrating. Your body might experience fatigue, aches and pains, or headaches. It is important to take care of your physical health while you are coping with grief. Try to sleep well, exercise, and eat healthy foods.

As you are grieving, it is important to find healthy ways to cope. Using coping skills can help you get to the point of *acceptance*. Acceptance means that although you are still sad about the loss, you are ready to start moving forward.



Anxiety/anger
about a disruption
in my routine

Fear/worry
about someone I
know who is
vulnerable (is at a
higher risk for
getting COVID-
19)

Fear/worry
about someone I
know who is sick

Grief/sadness
over someone
who died from
COVID-19

WHAT ARE
SOME
EMOTIONS I
MAY FEEL
DURING
COVID-19?

HOW CORONAVIRUS AFFECTS GRIEF

- Sickness and death are more visible now
 - It's talked about on the news
 - The virus is spread easily
- You can't visit people or mourn in a traditional way
 - Smaller gatherings of people
 - Not wanting to get sick yourself
 - Funerals/Shivas/Wakes are being postponed



HOW TO COPE

- Call or video chat with your loved ones
- Make a get well soon card for people who are sick, whether you know them or not
- Seek counseling
 - See your personal therapist/counselor
 - Talk to a loved one
 - www.talkspace.com
- Celebrate the person
 - Make one of their favorite meals
 - Watch one of their favorite movies
 - Look at photos

WHAT YOU CAN SAY TO SOMEONE WHO HAS LOST A LOVED ONE

DO	DON'T
<ol style="list-style-type: none">1. I am so sorry for your loss.2. I will surely miss him/her.3. You and your family are in my thoughts (and prayers).4. I am sure these times must be very difficult for you.5. Would you like to tell me a little about (deceased's name)?	<ol style="list-style-type: none">1. He/she is in a better place.2. This is probably for the best. He/she is no longer suffering.3. I know exactly how you feel.4. Time heals all wounds.5. You may not feel it now, but you will be able to move on.6. Avoid euphemisms like “passed on” or “gone home.”

Source:
eCondolence

