GRIEF AND COVID-19

“May the stars carry your sadness away, may the flowers fill your heart with beauty, may hope forever wipe away your tears, and above all, may silence make you strong.”

–Chief Dan George

WHAT IS GRIEF

- Grief comes in all shapes and sizes and is not always tangible
- It is a natural response after experiencing a loss, when dealing with something out of the ordinary, experiencing a loss of a sense of normalcy, or anticipating any of the above
- COVID-19 has been causing people to experience grief as well as anticipatory grief

Reactions to Anticipatory Grief (1)

- You are on edge and not sure why
- You are angry at things you can’t control
- You feel something bad might happen
- You start avoiding people
- You are often exhausted

Reactions to Grief (2)

- Shock, disbelief, or denial
- Anxiety
- Distress
- Anger
- Periods of sadness
- Loss of sleep and loss of appetite

***Note: There are overlaps between anticipatory and regular grief

How To Cope (1, 2)

- Remember all of these symptoms are normal
- Understand you are not alone when feeling these symptoms
- Have a plan of action for the anticipatory thoughts
- Stay connected with others while setting boundaries
- Try to relax and set aside some self-care time
- Express yourself in creative ways
- Talk to a professional whether online or via phone

Examples to Healing (3)

- Stay healthy by meditating, exercising, eating healthy foods, practicing physical distancing, wear your mask, and good hygiene.
- Healing is a “personal cleansing” of...
  - Mistreat
  - Unwashed grief
  - Loss and hurt
  - Anger / hatred
  - Historical trauma
  - Shame / guilt
  - Fear
  - Negativity

- We heal by...
  - Forgiveness – and self and others
  - Looking within – introspection
  - Feasting
  - Praying
  - Changing ourselves
  - Being generous
  - Taking healthy risks
  - Practicing spirituality
  - Loving ourselves and others

SOURCE:

https://www.therapytribe.com/therapy/loss-grief-counseling