



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 (1)
- 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).

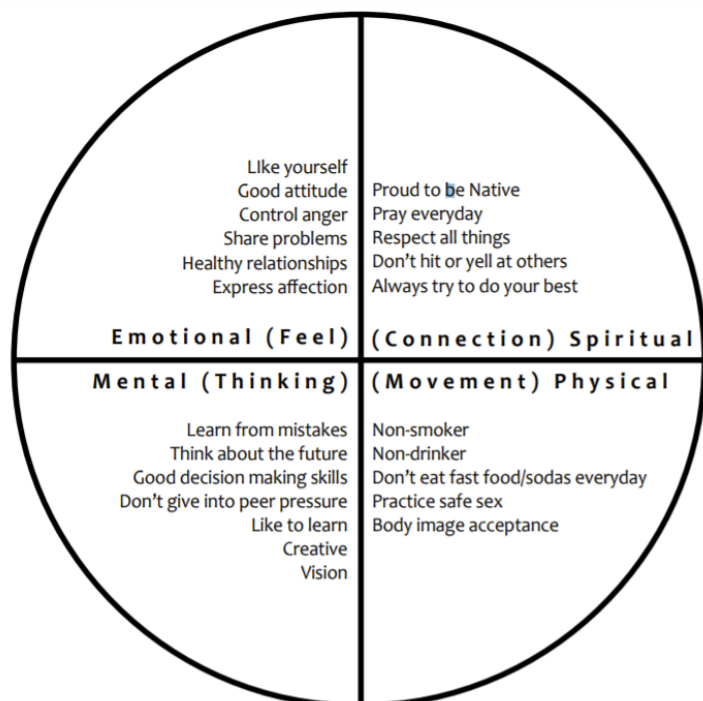
- Shock, disbelief, or denial
- Anxiety
- Distress
- Anger
- Periods of sadness
- Loss of sleep and loss of appetite

*****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)

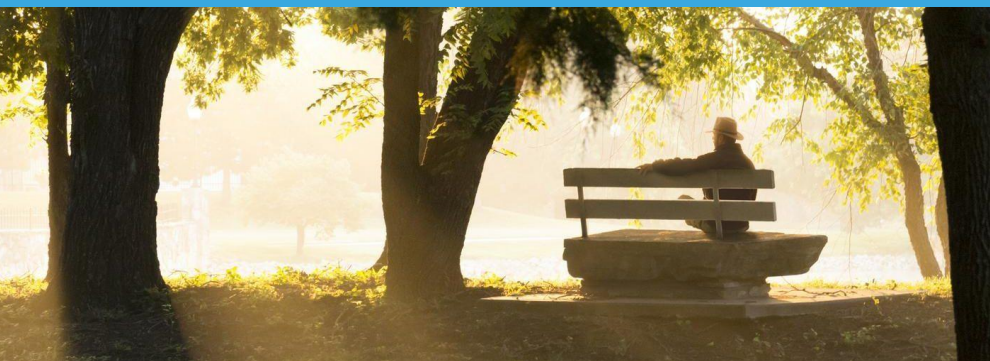


Healing is a "personal cleansing" of...

- ✧ Mistrust
- ✧ Unresolved grief
- ✧ Loss and hurt
- ✧ Anger / hatred
- ✧ Historical trauma
- ✧ Shame / guilt
- ✧ Fear
- ✧ Negativity

We heal by...

- ✧ Forgiveness – self and others
- ✧ Looking within – introspection
- ✧ Feasting
- ✧ Praying
- ✧ Sharing ourselves
- ✧ Therapy
- ✧ Being generous
- ✧ Taking healthy risks
- ✧ Changing unhealthy behavior
- ✧ Practicing spirituality
- ✧ Loving ourselves and others



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

~Stay healthy by meditating, exercising, eating healthy foods, practice physical distancing, wear your mask, and good hygiene.~

SOURCE:

- <https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak#If-youre-feeling-anticipatory-grief,-what-can-you-do-to-cope>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>
- <https://www.nativewellness.com/uploads/4/6/7/8/4678037/griefandlossagendaandoutpacket.pdf>

