

# Coronavirus Resources: Coping with Grief and Loss

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Grief is a normal response to loss. There are many types loss: Death of a loved one, loss of a marriage, a job, missing a life event (graduation, wedding, funeral), a sporting season, or loss of a daily routine. Loss can disrupt physical health—our sleep, eating habits, and daily activity—and our mental health as well. Grief and how you grieve is personal and looks different for everyone; it also depends on the severity of the loss. Some people experience a whole range of feelings which may include denial, anger, bargaining, depression, and acceptance. Unresolved grief may lead to depression, anxiety, and substance abuse, which may require professional help. There is no set timetable for working through grief and moving on doesn't mean you forget.



## TAKE CARE OF YOU

- Recognize your physical and/or emotional pain. Grief is a normal response to loss.
- Pay attention to your body's needs. Your normal sleeping and eating routines may change, and that's ok for now.
- There's no set end date for your grief. Be kind to yourself and take all the time you need.
- Face your feelings. Being sad, angry, guilty, and numb may be part of your process.
- Give yourself permission to feel happy and to laugh. Grief is personal and complicated, which can include a roller coaster of emotions.



## CHECK-IN WITH OTHERS

- Stay in touch with friends and family who understand your loss.
- Join a virtual support group, it may be helpful to know that you are not alone.
- Reach out to a grief counselor to talk about your loss.



## RELAX & REDUCE STRESS

- Expect grief "triggers" to pop up and plan on how to handle them. Honor holidays, anniversaries, seasons and life milestones in a new way.
- Maintain your hobbies and interests or find new ones. Be proactive. Make a tribute page on social media. Share your story and invite others to chime in too.
- Many find spiritual connection comforting as they grieve. Do what works for you—meditate, pray, or commune with nature.
- Express your feelings in a creative way. Write a letter to your loved one saying all the things you never got to say, honor your memories with a photo album, plant a tree to acknowledge your loss.



## ENGAGE & CONNECT

- Tune in to your relationships; significant others, friends, children, and colleagues are probably feeling the loss too.
- Relationships can be complicated when you are grieving. Everyone grieves differently. Be sensitive to each other's grieving process.
- Learn the Healthy Habits of Emotional Well-being .

## HELP IS AVAILABLE

Unresolved grief may lead to depression, anxiety, and substance abuse, which may require professional help.



Crisis Text Line: Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling

Suicide Prevention Lifeline: 1-800-273-TALK

Veterans Crisis Line: 1-800-273-8255, Press 1