

GRIEF DURING COVID-19

WHAT IS GRIEF?

A natural emotional, and physical reaction to loss. Grief does not just occur after a death, but rather as soon as death is likely, or after any type of loss. Losses can be defined as the absence of something meaningful to us.

RESPONSES TO GRIEF

Our bodies respond to grief in both emotional and physical ways. Some common examples are listed below:

Emotional

Sadness, anger, isolation, guilt, relief, shock, anxiousness, worry

Physical

Trembling, nausea, crying, loss of appetite, sleeping disturbances, exhaustion

GRIEF DURING COVID-19

During this pandemic, there are many things you could be grieving. Some examples may include:

- A death from COVID-19
- A death unrelated to COVID-19
- Loss of income and your job
- Loss of purpose
- Unable to visit friends and family
- Your cancelled wedding
- Your cancelled trip
- Cancelled celebrations
- Changes to your birth plan

Although most of these examples are not death related, they are all losses which we grieve.

Allow yourself to grieve any and all types of losses during this difficult time. Try to find ways to express your emotions that is comfortable for you. Reach out for support from others if needed and try and stay connected in these challenging times.