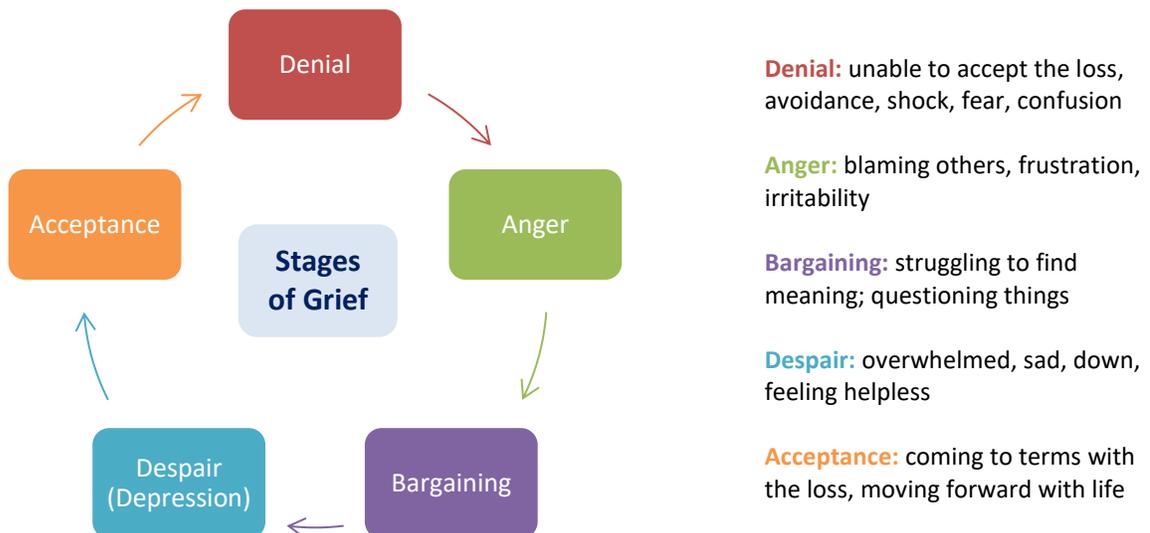


Week 4 – Managing Grief and Loss During COVID – 19

Recognizing How Grief Affects Us

Many people are experiencing grief and loss due to the COVID-19 pandemic. You may have lost loved ones; perhaps you lost your job or are out on furlough, or maybe you are experiencing grief over the loss of your normal routine and socialization opportunities. In a time where social distancing is becoming the new normal, feelings of grief and loss may be heightened as we are forced to physically distance ourselves which interrupts our typical grieving rituals.

Physical distance does not mean emotional distance. Now more than ever, it is crucial to maintain your social connections to help cope with challenging emotions and feelings of grief and loss. Review the information below to learn about the stages of grief and how to recognize symptoms of grief.



RECOGNIZING THE SIGNS AND SYMPTOMS OF GREIF AND LOSS

Physical	Emotional	Social/Behavioral
<ul style="list-style-type: none"> •difficulty sleeping •loss of appetite •headaches •physical aches and pains •exhaustion •restlessness •rapid heartbeat 	<ul style="list-style-type: none"> •sadness •yearning •worry/anxiety •anger •numbness •guilt •depression •feeling hypervigilant •powerlessness 	<ul style="list-style-type: none"> •feeling withdrawn or isolated •feeling detached from others •questioning the reason for your loss or questioning your purpose in life •forgetfulness •dreams or nightmares of the deceased •lack of interest in things •crying or sobbing •avoidance of places where memories are strong •decrease in productivity

QUESTIONS TO CONSIDER

1. **How am I being affected by feelings of grief and loss?** Consider your physical, emotional, and behavioral reactions to grief.

2. **What am I currently doing to cope with grief/loss?** If you are struggling to cope, think of things you can do to improve your mood (i.e., self-care).

3. **Who can I turn to for support?** Think of your social supports and who can offer you a compassionate ear when you are feeling down.

RESOURCES FOR CONTINUED LEARNING:

“COVID-19 and the Grief Process,” – A Psychology Today article by Robert Weiss, Ph.D., MSW:

<https://www.psychologytoday.com/us/blog/love-and-sex-in-the-digital-age/202003/covid-19-and-the-grief-process>

“How ‘Anticipatory Grief’ May Show Up During The COVID-19 Outbreak,” – A Healthline article by Sam Dylan Finch, a media strategist for mental health and chronic conditions at Healthline.com

<https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak#Remember,-youre-not-alone-in-what-youre-feeling-right-now>

Interested in joining a support group? Longing for a sense of community during the time of social distancing? Click on the link below to join David Kessler’s Facebook group *“Grief: Releasing Pain, Remembering Love & Finding Meaning.”* David Kessler is an author, public speaker, and expert on death and grieving.

<https://www.facebook.com/groups/DavidKessler>

If your symptoms of grief and loss become too difficult to manage on your own, EAP Counselors are available 24/7 to assist you in a safe, confidential space to process your feelings and learn ways to cope.

Call us at 800-624-2593 or visit www.nationaleap.com to get connected.

