



How to Cope with Grief and Loss During COVID-19

What is COVID-19?

COVID 19 is which caused by a coronavirus named SARS-CoV-2. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness

Families Experiencing Grief and Loss

Losses



- Employment/ reduced hours
- Daily Structure
- Family members
- Important events (weddings, vacations, graduations, etc.)
- Childcare Services
- Predictability of things we took for granted

"Grief is not a problem to be solved...it's a presence in the psyche awaiting, witnessing."



Resources

- CALM app
- Headspace App



How to Stay in the Present

- Family Bonding Activities
- Taking Walks
- Mindfulness Practices
- Create a new home structure
- Talking about your feelings and hearing others



Ways to Cope

1. Bear Witness and Communicate
2. Write, Create, and Express
3. Meditate
4. Be Open to Joy



Students Experiencing COVID-19

What are the symptoms of COVID-19 for Kids?

Symptoms are similar to an adults, but milder cases. They will experience flu-like symptoms with additional symptoms, like shortness of breath.

How do I avoid getting COVID-19?

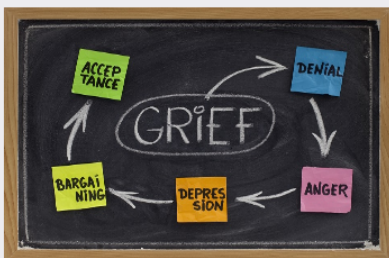
- Practice healthy habits.
- Wash your hands
- Don't touch your face
- stay home if you feel sick
- Wear a mask and gloves when going out
- Practice Social Distancing



Different Ways to Handle COVID-19

- Connect with Friends on Zoom or Facetime
- Find a new hobby or interest

- Mindfulness Practices
- Be Physically Active
- Learn something new



Coping Skills

1. Talk about it
You're probably not the only one who is feeling this way and others can help you process and come up ideas to keep you engaged and occupied.
2. Self-care
Acknowledge your feelings and let yourself know that it is ok to feel this way. Do something you enjoy.

Professionals Experiencing Grief and Loss

Changes in lifestyle



Mental Health and Medical Professions deal with:

- Changes in sleep pattern
- Changes in eating pattern
- Worsening symptoms of health conditions

Importance of Professionals

Professionals play a vital role during these times, and it can sometimes take a HUGE toll on them.

So What can you do?

- Thank them for their hard work
- Keep them safe by practicing the COVID-19 protocol
- Remember they are human

How to help yourself

- Take Breaks
 - from work, reading and listening to news about COVID-19
- Take Care of your Body
 - Eat healthy
 - Get enough sleep
 - Self-care activities
- Make time to unwind
- Connect with others

"If we can find gratitude in the creative ways that we connect with each other and help somebody...then we can hold our grief better and move through it with less difficulty and more grace."

