

COVID-19 Pandemic: The Unexpected Feeling of Grief

Are you wondering why you may be feeling a sense of loss right now? The loss of a "normal" life, the loss of your "normal" routine, or the loss of connection? You may be experiencing *grief* due to COVID-19. Grief comes in many forms and although the most common may be a death, it can also manifest in other losses as well.

David Kessler, the author of *Finding Meaning: The Sixth Stage of Grief*, highlights this concept in an article done by Harvard Business Review. He states "we're feeling a number of different griefs. We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realize things will be different." In order to process and cope with these losses, you must understand grief itself.

SYMPTOMS OF GRIEF

BEHAVIORS

Sleep Issues
Appetite Changes
Withdrawal
Absent- Minded

COGNITIONS

Obsessive-
Thinking
Intrusive-
Thoughts

FEELINGS

Sadness
Numbness
Anger
Guilt
Anxiety

PHYSICAL

Tight Chest
Lack of Energy
Muscle
Weakness
Dry Mouth

COPING WITH GRIEF

"Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually." -David Kessler

Talk about it. Many people deny grief which can cause isolation and may make it more difficult to accept

Adjust to the new "normal." Try to keep your routine as close as possible as it was before. This will create a sense of comfort.

Experience and accept feelings. Feelings of sadness, anger, numbness, etc. are all normal. .Experience them to accept them.

Prioritize Self-Care. Focus on your eating habits, exercise and sleep. Try Mindful Meditation to help as well.