

Coping Tips and Reminders for Grief during COVID-19

Grief is *natural* and most people are *resilient*

Grief is *transient*

Allow yourself to be distracted, entertained, and *laugh*

Give yourself *time*

Remember your feelings are *valid*



During the pandemic we may experience ongoing individual and collective grief, through our own personal loss, to mourning the loss of patients, and mourning our sense of normalcy. Thus, it is important to acknowledge our grief, learn ways to adapt and manage it, as well as make meaning from our experiences.

Predict

What do I/we want to happen?

Practice

Practice exactly what we want to happen

Plan B

If doesn't go as planned, what can I/we do to help one another feel and stay safe?



Strategies to Cope

- Focus on what you can control
- Loss & restorative activities
 - Find ways to mourn loss
 - Create "New Normal"
- Find ways to make meaning
- Remain socially connected
- Positive self talk and affirmations
 - Journaling
 - Engage in self-care