



Coping with **loss** during a **crisis**

Thinking about grief during a pandemic...



1. **TALK TO PEOPLE YOU TRUST**

It's normal to feel sad, stressed, confused, scared or angry during the crisis. Talking to people you trust can help. Remember, coronavirus might have taken away the physical presence of people closest to us but we can still maintain emotional connections



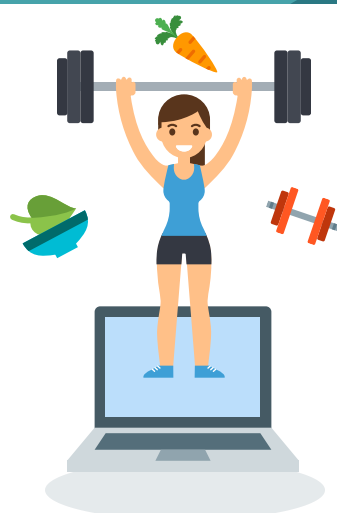
2. **BRING IT BACK TO THE BASICS**

When we grieve we sometimes forget to take care of ourselves - remember to make sure you are eating, drinking and resting. Don't put too much pressure on yourself to maintain normalcy. These are not normal times and it's ok to find out what a 'new normal' looks like



3. **REMEMBER YOUR FEELINGS ARE VALID**

There's no right or wrong way to feel right now. Try to recognise and acknowledge your emotions even if you feel that others have it 'worse'. Comparing or ranking grief is not helpful



4. **EXPLORE COPING STRATEGIES**

Mindfulness activities, grounding exercises and visualisation are examples that can help manage some of the stress, anger or anxiety you've been feeling. You can also enjoy your favourite show, song or form of exercise. The aim is bring yourself into the present and let go of what you can't control



5. **GIVE YOURSELF TIME**

Grief is not a linear process and reaching a place of acceptance takes time. If we think of it like the Seasons then there's no definite end and some days will feel better than others.
Be patient and kind to yourself.



Coronavirus has meant we are all processing both individual and collective grief in the face of an uncertain future. Remember during these hard times to **stay connected** and **look out for each other**.