

What is Anticipatory Grief ?



Thinking about grief during a pandemic...

Got a feeling that the worst is yet to come? Or that corona-virus can't go on much longer before it affects you personally? These feelings could be linked to anticipatory grief

WHAT IS IT



Where you feel a loss that has not yet occurred



Typically felt if someone is suffering from illness



Can be felt when people are in an 'in-between' place



Thinking of the future and imagining the worst-case scenario



Hyper-awareness of Corona-virus

WHAT AM I GRIEVING



Loss of life



For special plans or events that have been cancelled



Loss of our normal routine



Worries about the future



Loss of connection

SOME SIGNS

Remember, you don't get to choose if you're grieving



Being on edge and not knowing why



Re-experiencing feelings of past grief



Trouble focusing



Getting angry or upset at little things, especially things you can't control



Thinking lots about corona-virus or avoiding it