



The Light at the End of the Tunnel

Loss, Grieving, and Recovery

Through the Pandemic of 2020

Greiving

Many people have struggled in 2020 as we have adjusted to many losses this year. Factors include:

- Family size and composition
- Generations in the same house or loved ones in facilities
- Family positivity
- Working from homes
- Students at home
- Layoffs or adjusted work hours and income
- Additional expenses from being at home and PPE
- Loss of loved ones
- Lack of person contact/spcial isolation
- Normal life events and celebrations

Grief symptoms include:

- Lack of motivation
- Lack of concentration
- Memory issues
- Sleep and appeptite changes
- Somatic issues (headache, muscle aches, and tensions)
- Myriad of emotions
- Depression and anxiety



Light at the End of the Tunnel

- Vaccinations
- Symptoms are temporary
- By giving ourselves permission to feel, experience and process all the feelings and thoughts, one can work through it quicker
- Trying to stifle or ignore feelings or bury them, results in problems later as those feelings and thoughts will eventually make themselves known
- Grief is a troubling experience but it can be positive as we discover things about ourselves and the world around us

Tips and Ideas for Grieving

- Take time to go outside everyday, even if its just to get the mail
- Drink water
- Get enough sleep
- Limit time listening and watching the news
- Connect with at least one person a day; via phone call, text message, or video call
- Eat healthy
- Stick to your routine
- Give yourself permission to experiece any emotions you are feeling that day
- Try to find something good in every day
- Write down one thing you want to accomplish for the day
- Journal

Reminders

- We are not alone in this experience so beware of isolating oneself from others
- Cutting off others close to us and those we interact with regularly has consequences
- Embrace Facetime and Zoom
- Each of us has a potential army of people around us who care and are ready to support us such as family, friends, neighbors, clergy, church, community, civic clubs, groups
- Connections are important to our healing and overall well-being
- When we connect with people, it naturally lifts our spirits and helps us to think about others outside of ourselves



Data adapted from "Finally: The light at the end of the tunnel - Loss, grieving and recovery through the pandemic of 2020", a webinar originally held on 1/7/2021. Presented by Sen. Adelaide Eckardt

 **NAMI Maryland**

NAMI Maryland can help.
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