## 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/spacial isolation
- Normal life events and celebrations

Grief symptoms include:
- Lack of motivation
- Lack of concentration
- Memory issues
- Sleep and appetite changes
- Somatic issues (headache, muscle aches, and tensions)
- Myriad of emotions
- Depression and anxiety

### 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 experience 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

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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

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**NAMI Maryland can help.**

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