

Grief and Coronavirus

What is happening to me? It could be grief.

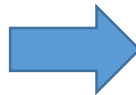
Sometimes putting a name to an experience can be helpful.

Grief	Anticipatory Grief
<i>Often feels like depression</i>	<i>Often feels like anxiety</i>
What have you lost in the past month? Don't minimize your loss by comparing to other people's losses. Whatever you lost was important to you and unexpected.	What have you lost thinking of the future in the past month?
	What is uncertain? What feels unsafe? Do you find yourself imagining the worst?

Initial Reactions

- Denial
- Anger
- Bargaining
- Sadness

Have you experience these emotions in the past month, week, day, hour? There's no set order, or timeframe. Experiencing physical pain, exhaustion and lack of concentration is common.



Later Reactions

- Acceptance

The light at the end of the tunnel. "Here I am, I know I can deal with this" feeling.

- Meaning

Finally, we will emerge from this current situation. It will not be forever. We will look back on it. We will have changed, learned and grown in ways we never would have imagined. This will put loss into context and give it meaning.