

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?

