

Loss and Grief during a Pandemic

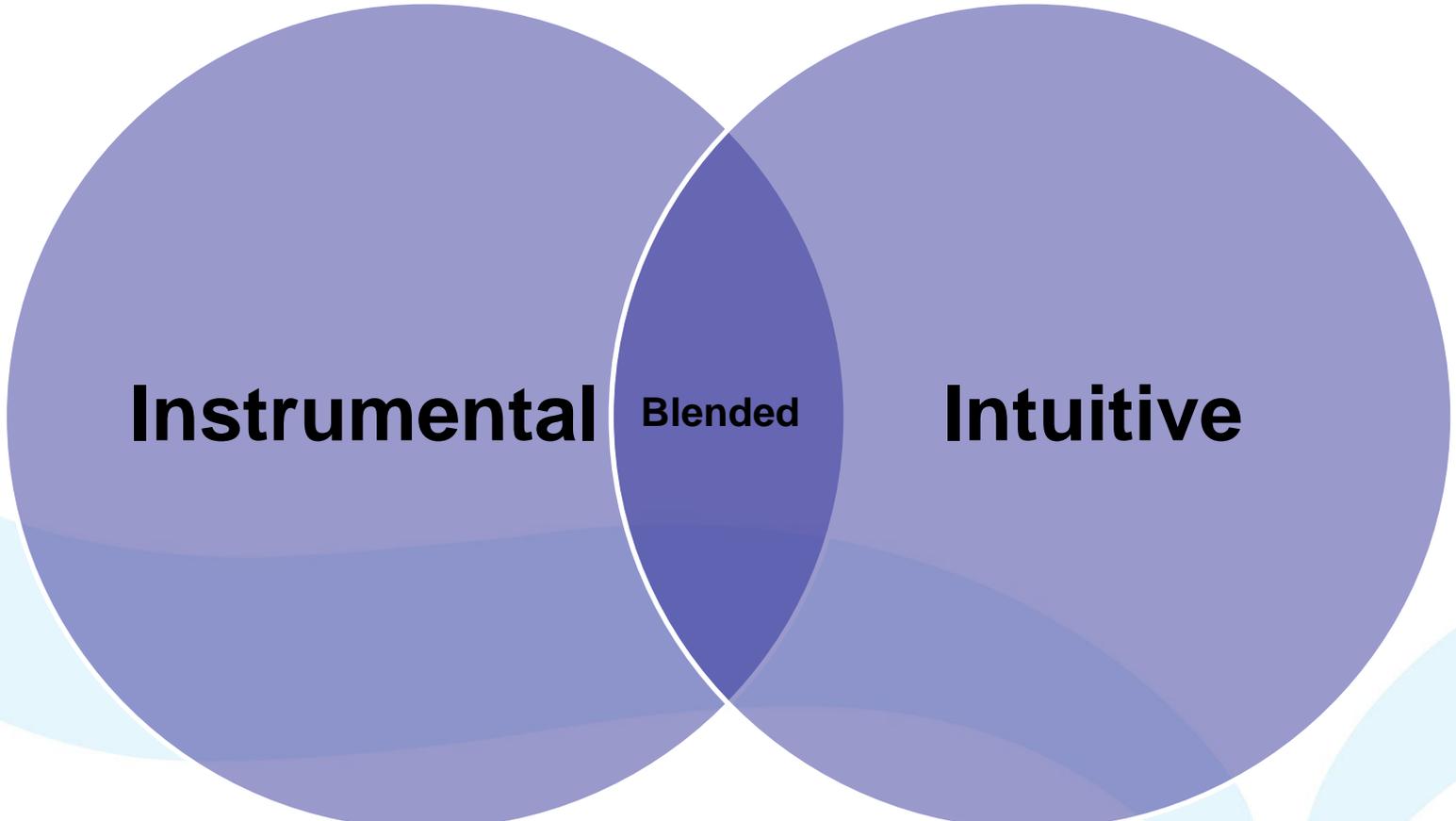
Losses experienced as a result of a pandemic?

- Bereavement/death
- Grief experiences
- Illness/Disability
- Livelihood/Business
- Unemployment
- Independence
- Structures/routines
- Confidence
- Social Connections
- Birthing/new parent experience
- Face to Face services
- Opportunities eg school transitions, completion of exams

What is grief?

- Our response to a loss of something or someone that is important to us
- Crosses all ages and cultures
- Intense emotional suffering
- Normal reaction
- Unique and personal

Different styles of grieving



Instrumental

Blended

Intuitive



Instrumental

- **Less likely to express emotion**
- **Grief tends to be private**
- **Problem solving approach**
- **Direct energy into activities**



Intuitive

- **More expressive with grief**
- **Share and talk about feelings**
- **Accept support**
- **Seek out forms of support**

Managing Grief

- Recognise
- Time
- Talking
- Keep Routines
- Looking after yourself
- Avoid misuse of alcohol
- Letting go

When to get help

- Not able to cope with overwhelming emotions and daily life
- Intense emotions are not subsiding
- Relationships are suffering
- Not sleeping
- Symptoms of anxiety/depression

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....