

# 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

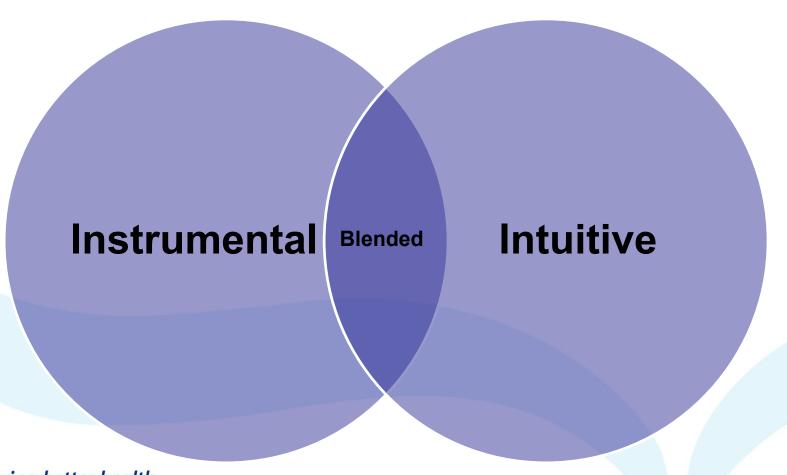
Crosses all ages and cultures

- Intense emotional suffering
- Normal reaction

• Unique and personal Delivering better health



#### Different styles of grieving







 Grief tends to be private

 Problem solving approach

 Direct energy into activities







• More expressive with grief

Share and talk about feelings

Accept support

 Seek out forms of support

#### **Managing Grief**



Recognise

Looking after yourself

Time

 Avoid misuse of alcohol

Talking

Letting go

Keep Routines

#### 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......