

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



A Venn diagram consisting of two overlapping circles. The left circle is labeled 'Instrumental' and the right circle is labeled 'Intuitive'. The overlapping area in the center is labeled 'Blended'. The circles are a light purple color, and the overlapping area is a darker shade of purple. The background features light blue curved shapes at the bottom corners.

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.....