Coping with Grief During COVID-19

The COVID-19 outbreak has brought about a collective loss of normalcy. For many, this includes a loss of connection, routine, and certainty about the future. Tips to cope with grief include:

- **Acknowledge, honour, and express your feelings.** Spend time each day naming your feelings. Express your grief by talking with others or writing in a journal.

- **Practice gratitude.** Spend a few minutes daily thinking of people, experiences, or things that you are grateful for and find ways to express this gratitude.

- **Be kind to yourself – treat yourself as you would a close friend.** Aim to do one small thing that brings you or someone else, joy, meaning, or purpose each day.

- **Be present.** When we are focusing on what is happening right now, we are less bothered by worries of our future and past. Try coming into the present moment by focusing on a bodily sensation such as the feel of our feet on the ground.

- **Connect with others to give and receive support.** Build relationships – talk openly and honestly and be empathetic.

- **Consider potential benefits of grief.** These might include getting to know yourself better or taking time to develop better self-care habits.

- **Talk to a professional or join a virtual support group.** If you are feeling overwhelmed and unable to cope, seek out professional support.

Sources: Psychology Today (link), Healthline (link), CNN (link), Families First (link), The Atlantic (link)