



When Grieving the Death of a Loved One During Covid-19 Pandemic

Grieving the death of a loved one can raise chaotic thoughts, feelings and memories. Reconciling grief in a healthy way takes time and a community of compassionate people to listen and support. The whole world is grieving now during the Covid-19 Pandemic where a sense of helplessness, overwhelm, fear, low energy, loneliness and sadness accompany loss of life, control and security. Following are some tips that might be helpful for your unique circumstance.

TRUST THE PROCESS OF GRIEF

Grief is a normal, natural and necessary part of human life that does not need to be “fixed” or “cured.” Often described as an “emotional roller coaster,” each person’s unique grief requires space to share thoughts and feelings with trusted people. Entering a grief journey is a sign of psycho-social spiritual health & wellness because it points to a capacity to love and care for others.

EMBRACE TECHNOLOGY AND STAY CONNECTED

Grief instinctively calls us into community. Maintain social connection with supportive family and friends using Skype, ZOOM, Facetime, email, and/or text several times a day.

SELF-CARE AND SELF-COMPASSION

Set up your home as a sanctuary and include all that is comforting including music, books, journals, teas, pets, art, prayer/meditation, and/or ritual. Maintain a schedule and include exercise, walks outside, sleep hygiene, basic nutrition, hydration and breathing/grounding exercises. Limit media exposure and let go of perfection. Adopt principles of compassion, care and kindness towards yourself, your family, your social circles and the world.

EMBRACE MEANING AND/OR THE GOD OF YOUR UNDERSTANDING

(God, Allah, Spirit, Creator, Nature, Compassion, Ancestors or Higher Power)

Know with faith and trust that you are not alone in grief. Give yourself time if your faith seems absent right now. Call your faith leader or a spiritual care practitioner if needed for support.

REACH OUT FOR SUPPORT

You don’t have to do this alone! Access professional support including psychotherapy, grief counseling, or psycho-social spiritual care for individual or group debriefs.

SOURCES AND RESOURCES

Crisis and Trauma Resource Institute (CTRI) <https://ca.ctrinstitute.com/>

Dr. Alan Wolfelt, Centre for Loss and Transition <https://www.centerforloss.com/>

www.selfcompassion.org

www.hearthousehospice.com

<https://hearthousehospice.com/how-we-help/counselling-support/legacy-activities>

<https://hearthousehospice.com/resource-library/other-helpful-resources>

<http://www.mygrief.ca>

www.whatsyourgrief.com

www.optionb.org

Call Heart House Hospice to Access Grief Support!

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