COPING THROUGH COVID-19: GRIEF AND LOSS
We are human

- You may have noticed an increase in:
  - Anxiety
  - Worry
  - Difficulty concentrating
  - Loss of motivation
  - Lack of discipline

- You are trying to survive in an uncertain time

- You may not have noticed any changes in yourself and that’s fine too
What is grief?

- Grief is the natural response to losing something or someone that is special/important to you.
- Grief can occur in response to a variety of situations:
  - Loss of someone important in your life
  - Loss of a job
  - Loss of a life experience
  - End of a relationship (platonic and/or romantic)
  - Life changes
- Not everyone experiences grief in the same manner.
Symptoms of Grief

- Crying
- Worry/anxiety
- Frustration
- Guilt
- Anger
- Questioning the purpose of life
- Questioning spiritual beliefs
- Headaches
- Difficulty Sleeping
- Feelings of Detachment
- Isolation from others
- Fatigue
- Loss of Appetite
- Stress
- Physical Aches and Pains
Grief and COVID-19

- More discussion of death in the media currently
  - Deaths related to COVID-19 in the US range from 100-1000+ a day
- Hospitals are not permitting visitors during the end of life period in most cases
- Funerals are not permitted in most states due to Stay-at-Home/Sheltering-in-Place orders
- CDC guidelines regarding social distancing have caused the cancellation of many large life events
Stages of the Grief Cycle

“Normal” Functioning

Shock and Denial
- Avoidance
- Confusion
- Fear
- Numbness
- Blame

Anger
- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

Depression and Detachment
- Overwhelmed
- Blahs
- Lack of energy
- Helplessness

Acceptance
- Exploring options
- A new plan in place
- Empowerment
- Security
- Self-esteem
- Meaning

Dialogue and Bargaining
- Reaching out to others
- Desire to tell one’s story
- Struggle to find meaning for what has happened

Return to Meaningful Life
Coping with Grief

- Take time for yourself
- Avoid making major decisions
- Talk to someone
- Express yourself
- Honor the memories
- Take care of your health
- Avoid using substances to numb
- Reach out to others
- Engage in enjoyable activities
- Plan ahead for special events
At the end of the day, be kind to yourself and to others.
Apps for coping: Headspace, Calm, Slumber, and many more. Share your favorite apps with friends.

Information on COVID-19: World Health Organization (Who.int), Center for Disease Control (Cdc.gov), Substance Abuse and Mental Health Services Administration (Samhsa.gov)

Loyola University Counseling Center
- Call to speak with a counselor Monday-Friday 8:30-5 p.m.
- View our website for information on services available to students, coping with loss and other concerns, and referral resources