

COPING WITH GRIEF & LOSS DURING COVID-19

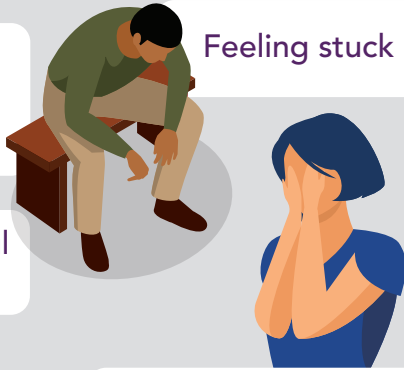


We grieve when we lose something or someone important. Many of us have lost a lot: loved ones who have died due to COVID-19, a job, income, social interactions, activities and hobbies we enjoy and the ability to plan ahead.

Everyone Experiences Grief Differently

Thinking often about the person who died

Feeling stuck



Experiencing painful or sad feelings

Feeling sad, tearful, empty, numb, angry or guilty



Physical reactions like crying, shaking, nausea, exhaustion and weakness

Feeling distracted or having trouble accomplishing tasks

Having trouble sleeping or having nightmares

Struggling with day-to-day activities and responsibilities



Ways to Cope with Grief

Accept your feelings

Recover at your own pace

Talk, journal, or create something to express how you feel about the loss



Consider spiritual practices, meditation or yoga

Take a break

Be mindful of what is going well



Focus on things within your control

Connect with friends and family



Create a daily routine with time for rest, healthy eating and physical activity



Limit exposure to COVID-19 media coverage

Learn about online support groups and social services



Grieving is a natural response to loss. Talking to someone may help. Reach out to a friend, family member, faith leader, support group or counselor.

NYC Well is a confidential 24/7 helpline staffed by trained counselors who can provide brief counseling and referrals to care in over 200 languages. For more information, call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or visit nyc.gov/nycwell.



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