Experiences of grief during COVID-19





Grief is the natural response – however powerful, and often painful and confusing – to the loss of a loved one.

"Natural" doesn't mean "easy."

Not all people need the same kind of support, just as not all people react the same way when they are offered support

Which support is most appropriate depends on

ROLE OF THE PERSON OFFERING THE

SUPPORT (e.g., a family member, friend, neighbor, doctor, social worker, stranger, etc.)

NEEDS

that from time to time they present themselves to the bereaved person;

MOMENT

where and when support is offered.
One type of support may be more
helpful than another at different
times of the bereavement.



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Common Reactions in Grief

Emotional Reactions

shock, nostalgia, sadness, anger, guilt, relief, fear, anxiety, insecurity, lightheadedness

Physical Reactions

difficulty sleeping, changes in appetite, headache, stomach pain, heart palpitations, restlessness, tiredness

Behavioral Reactions

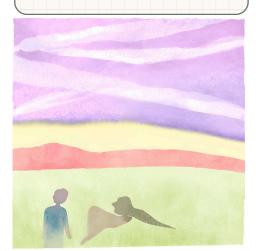
social isolation, addiction, avoidance, agitation, hyperactivity, ritualization

Cognitive Reactions

difficulty
concentrating,
confusion,
rumination, suicidal
thoughts

Existencial Reactions

feeling of
meaninglessness, loss
of identity and
confusion, experience
of injustice – "Why
me?"



When should I be worried?

Grief does not change over time

The bereaved does not feel any change or improvement in the way they feel and function after losing a loved one after six months

Bereavement negatively affects other aspects of life

For instance, a person quits a beloved job to only buy groceries or a social friend isolates themselves to focus solely on work.

There is no trace of grief

If a bereaved individual avoids discussing or remembering the deceased, it may indicate suppressed emotions hindering the grieving process.

Life seems too hard to bear

Struggling to find meaning after a loss can lead to thoughts of life being meaningless, and in some cases, to suicidal thoughts. Seeking professional help is crucial when such thoughts arise.

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Grief support is a responsibility of all.

For more information on grief support, please visit our website.

HTTPS://AURORAGRIEFCOVID19.EU





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