



Grief and Loss During COVID-19

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I'm NOT Coping as well as I'd like.
@revelatori ♥

LAST week I MOSTLY FELT Calmly RESIGNED TO WHAT WAS HAPPENING.
@revelatori ♥

THIS week, THOUGH, my Emotions Have BEEN ALL OVER THE PLACE.
@revelatori ♥

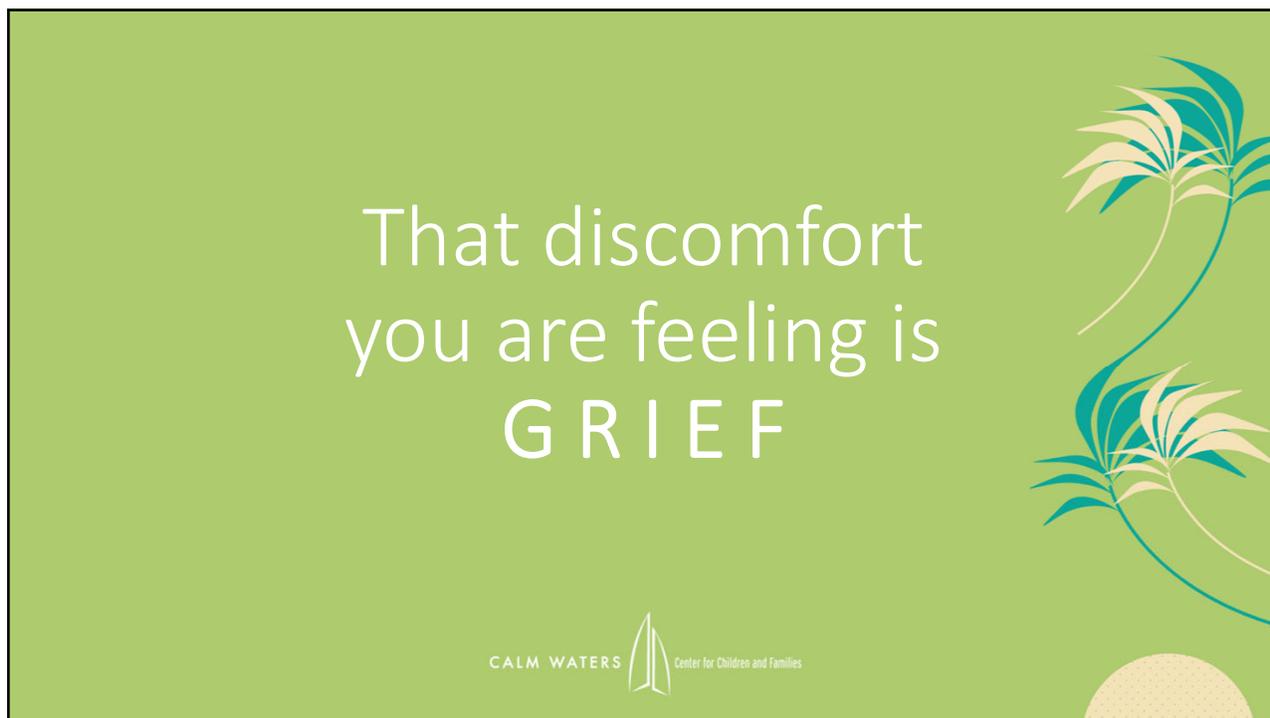
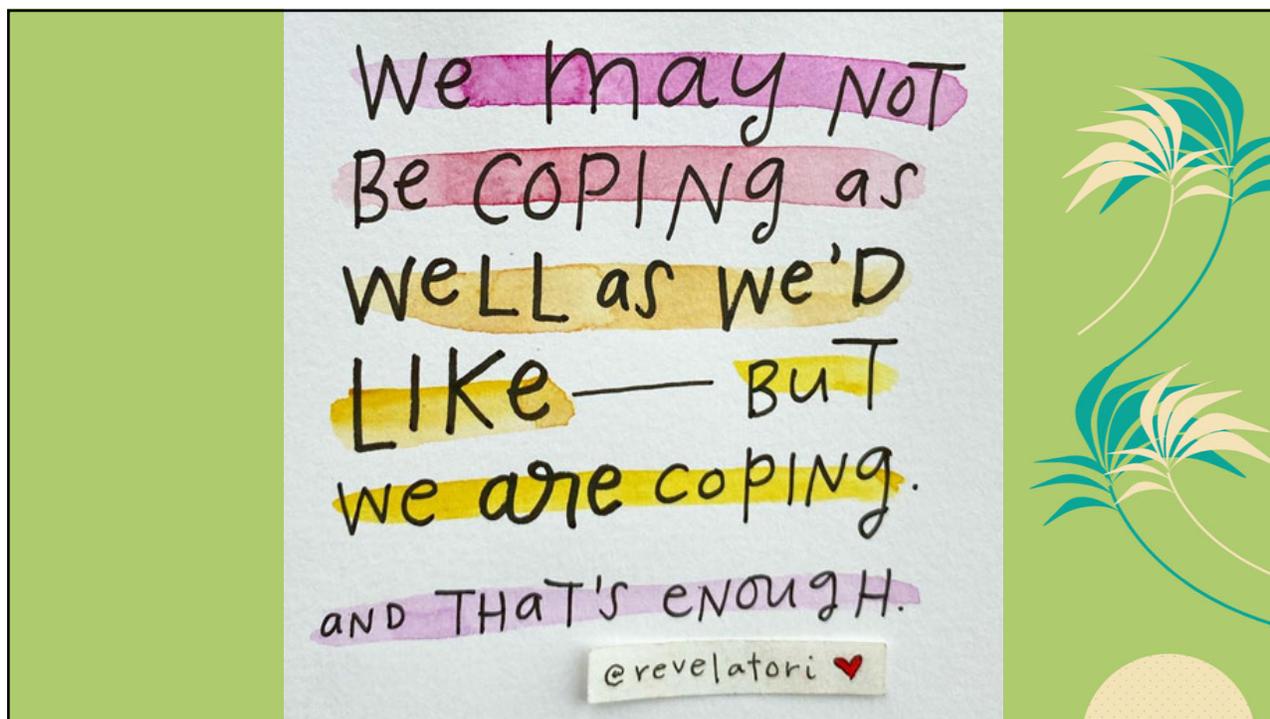
I've BEEN angry ABOUT CANCELLED PLANS, THINGS I've LOST, ways people are BEHAVING — or FAILING To BEHAVE.
ABOUT PEOPLE WHO are SUFFERING NEEDLESSLY, UNDESERVEDLY.
@revelatori ♥

I've BEEN aFraid OF WHAT MIGHT BE WORKING, INVISIBLE, ANYWHERE OF HOW QUICKLY THE NEWS, THE WORLD, seems To CHANGE THESE STRANGEST OF Days.
OF WHAT'S yet To come
@revelatori ♥

THE ANXIOUS VOICE INSIDE my HEAD IS SPEAKING 24/7 AT FULL VOLUME.
and I am sad.
JUST sad.
@revelatori ♥

THESE are NOT Easy Days.
and we DON'T yet KNOW WHEN THEY WILL get Easier.
@revelatori ♥

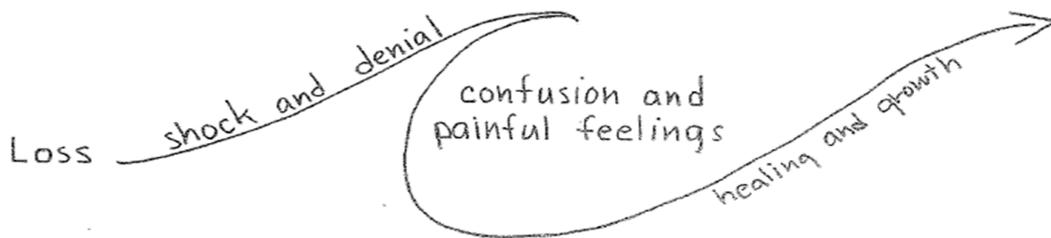
AND IF THAT makes you FEEL angry, or aFraid, or ANXIOUS, or HOPELESS or BLEAK OR JUST sad, LIKE IT does me, THAT'S OKAY.
@revelatori ♥



What is Grief?



The pain from loss and change is called GRIEF.



Common Reactions to Grief

PHYSICAL

- Muscle tension, aches or pains
- Headaches or dizziness
- Change in appetite, +/-
- Increased blood pressure
- Tightness or heaviness in chest
- Rapid Heartbeat
- Fatigue or Exhaustion
- Change in sleep, +/-

EMOTIONAL

- Anger or Irritability
- Sadness
- Depression
- Anxiety
- Loneliness
- Numbness
- Mood Swings
- Fear
- Helplessness or Hopelessness

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Common Reactions to Grief, cont.

BEHAVIORAL

- Forgetfulness
- Outbursts of anger or aggression
- Blaming others
- Change in activity level. +/-
- Neglecting oneself -hygiene, eating, health
- Loss of interest - work, world events, social activities, sex
- Increased substance use

SOCIAL

- Avoidance of people/situations
- Dependent
- Attention-seeking
- Lack of initiative
- Lack of interest

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Common Reactions to Grief

COGNITIVE

- Difficulty Concentrating
- Confusion
- Preoccupation with grief event
- Difficulty making decisions
- Disbelief
- Dream increase/decrease Short-term memory loss

BELIEFS & SPIRITUALITY

- Searching for a reason
- Asking “WHY”
- Angry at God / higher power
- Change in values & beliefs
- Loss or strengthening of Faith
- The need to find meaning

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Grief Due to COVID-19

- Collective Grief – A loss event shared by a group or community.
- Anticipatory Grief – An expected future loss or uncertainty about an impending loss. The range of grief symptoms begin prior to the event, including all of the thinking, feeling, cultural, and social reactions.

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Experiencing Other Grievs During the COVID-19 Epidemic

- Cumulative Grief

a.k.a. Grief overload

a.k.a. "Holy cow I can't handle all this loss!!!"

– Experiencing multiple losses at once. All the same range grief symptoms are experienced, possibly with greater intensity and protective avoidance.

Coping with Grief During COVID-19

We must:

- Accept the reality
- Adjust to an environment that is different
- Work through the pain
- Find a connection with who/what you are grieving while also continuing to live and connect with others



When it comes to grief...

- There is no universal Grief checklist or timeline
- People grieve differently and that is OK
- Your feelings are valid. Allow yourself to feel all the feelings.
- Give yourself, and others, grace while grieving
- Focus on what you CAN control
- Establish a new routine, but be flexible to allow your feelings and needs to show up
- Find the people that can support you. They might be different than who you usually go to.



Supporting Others in Grief

- Acknowledge their loss, but be mindful of when and where.
- Listen without interrupting, interpreting or evaluating.
- Avoid unsolicited advice and physical touch, religious clichés and minimizing or comparing grief experiences.
- Check in regularly and offer support - don't wait to be asked.



Supporting Grieving Children

- Provide stability by communicating and upholding a routine.
- Keep communication lines open.
- Honor their questions, no matter how many or how frequent!
 - It's okay to say "I don't know."
- Communicate a plan.
- Hold them accountable to previous expectations, rules, and consequences.
- Give them choices.

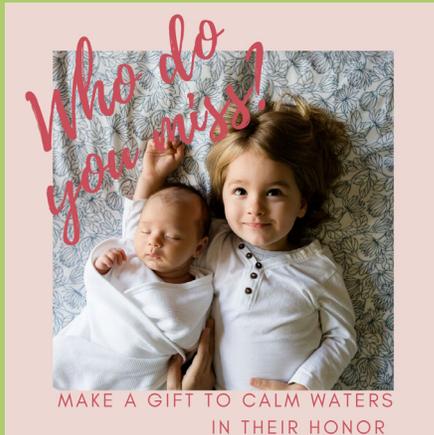


Supporting Grieving Children

- Help children name their emotions
- Create an emotional safety plan
- Model healthy self-care
- Model appropriate emotions for the family.
 - All emotions are okay, there are two rules for expression:
 1. You can't hurt yourself
 2. You can't hurt others

Q & A

Who do you miss?



A \$33 gift allows one child to attend a support group for FREE.

Donate today in honor of a loved one at give.calmwaters.org

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Resources

- Grief and COVID-19: <https://www.apa.org/news/apa/2020/04/grief-covid-19>
- Helping Children Cope With Changes Resulting From COVID-19 https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR3Xw6ihS68zfl6KYu1OnU_qo8ioVukckAzrL3f7nhu09jLptWnXS9h-OgU
- For parents of grieving children: “When your world is already upside down.” https://www.dougy.org/docs/Grief_during_COVID-19.pdf

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References

- “When Your World is Already Upside Down”
https://www.dougy.org/docs/Grief_during_COVID-19.pdf



STAY TUNED FOR
BONUS CONTENT!
Talking to children about
CORONAVIRUS



What are your children asking about the coronavirus?



Resources for Parents

- E-Book: "I have a question about coronavirus."
https://www.ihaveaquestionbook.com/?fbclid=IwAR3DCMd9ZFSb2im1TcP1uxiFCGH-kViGZBOWFN5yB_SajX8mhgHi4hfsa9g
- "What is the coronavirus?" <https://littlepuddins.ie/coronavirus-social-story/>

