

MANAGING GRIEF AND LOSS THROUGH THE PANDEMIC

Have you met an individual yet who has not voiced some kind of grief and loss through the COVID-19 pandemic? **PRIMARY LOSSES** such as the death of a loved one, loss of a job, loss of self-worth, divorce and health issues frequently turn into cascading **SECONDARY LOSSES**. Secondary losses can include lack of contact with our family/friends, spending holidays alone, or isolated with immediate family only, inability to visit a parent in the hospital, missed weddings, funerals and many other situations.

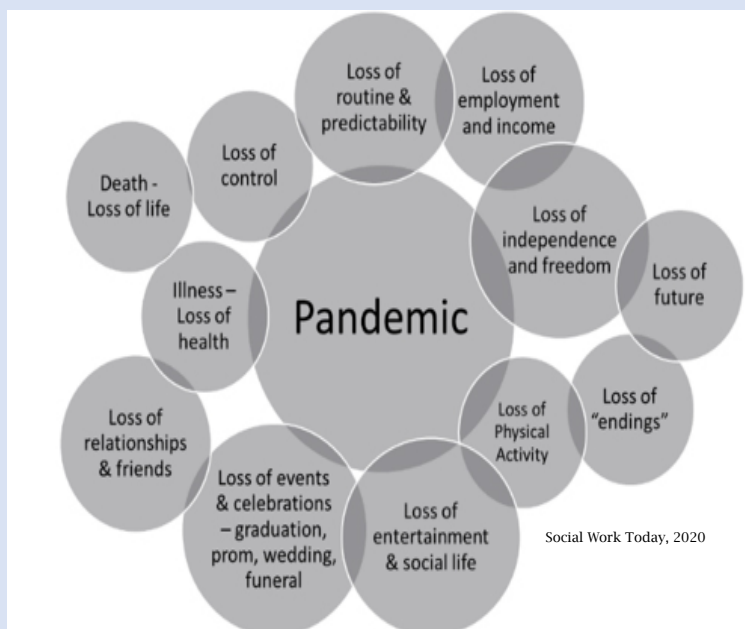
HAVE YOU EXPERIENCED?

- Deep Sadness?
- Emptiness and despair?
- Fear of becoming sick yourself?
- Sleeping too much or not enough?
- Irritability?
- Overeating or not eating enough?
- Increased alcohol use?
- Difficulty concentrating?



WE ALL NEED TO PRACTICE SELF CARE AND REACH OUT FOR SUPPORT, BUT HOW?

- Stay in the present moment.
- Learn or practice meditation, yoga, journaling, music or other activities that bring you peace and joy.
- Stay in touch with family and friends through video, telephone or other safe means.
- Watch a comedy or read a good book.
- Eat healthy and exercise as you are able.
- Monitor your thoughts and feelings surrounding grief and loss, changes in sleep habits, anxiety, and hopelessness.
- **MOST IMPORTANTLY REACH OUT FOR HELP IF YOU HAVE THOUGHTS OF SELF HARM OR SUICIDE.**



COVID GRIEF RESOURCES

- <https://www.covidgriefnetwork.org/>
- <https://whatsyourgrief.com/>
- <https://mindfulnessandgrief.com/>
- <https://modernloss.com/>



Reach out to Arkansas EAP - Call 800-542-6021