

Coronavirus

Grieving Our Former Lives

The COVID-19 pandemic is a medical crisis that has caused anxiety, stress and sadness. Individuals, families, businesses and communities are experiencing many losses. Societal systems including employment, healthcare, education and the economy have been destabilized. The world as we knew it has changed tremendously and undermined our sense of control and wellbeing. Most individuals are experiencing some level of grief and loss. Understanding what psychological effects to expect can help people find ways to heal.

What to expect during the COVID-19 health crisis:

- Grief: a natural and transient process
- Loss of social connections and routines
- No single loss, multiple ongoing losses
- Fluctuating feelings: shock, sadness, acceptance, happiness
- Loss of identity: self-esteem, sense of justice
- Collective grief: most individuals will experience losses

What you can do to help manage emotions related to grief:

- Understand most individuals are resilient and can adapt
- Identify your losses; individual and collective
- Identify your strengths and coping skills
- Talk about it with trusted friends and family
- Keep a journal of feelings, thoughts, and solutions
- Maintain your social connections
- Seek support through a doctor or counselor as needed

This information was adapted from: American Psychological Association: <https://www.apa.org/news/apa/2020/04/grief-covid-19>

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).