



## TIPS MANAGING GRIEF IN TIMES OF COVID-19



The coronavirus sweeping the globe has not only left many anxious about life and death issues, it is forcing us to experience the loss of normalcy, the fear of financial instability, loss of connections and loss of family structures. That discomfort you are feeling is GRIEF.



### *What can individuals do to manage this grief?*

**Recognize the losses.** We can't heal what we don't have an awareness of. It is important to honor our own losses even if those losses seem small compared to others. Name your losses.

**Bear witness and communicate.** Sharing our stories is important. It can be as simple as picking up the phone and calling a friend, asking for and/or offering a space in which to share your feelings without being offered advice or trying to fix anything for others. For those more fluent with electronic social networks, share stories/losses using Zoom, Skype or FaceTime.

**Reach out anonymously.** There are many types of helplines or warm lines that provide early intervention with emotional support that can prevent a crisis while maintaining anonymity.

These are some of our local sources:

- Nassau County Helpline (516)227-8255 (227TALK)
- Download Nassau CARES App 
- Long Island Crisis Center Senior Helpline (516) 679-0000
- Long Island Crisis Center Middle Earth 516-679-1111
- Mental Health Association of Nassau County (516) 489-0100 Extension 1
- New York State Emotional Support Helpline 1-844-863-9314
- Crisistextline.org (text HOME to 741741 to connect with a counselor)
- National Alliance of Mental Illness 1-800-950-6264

### **FIND BALANCE IN THE THINGS YOU ARE THINKING.**

Be creative with art, write, draw, color, paint, play music, listen to your favorite music, dance, try gardening, cook. Research shows that all these things help reduce stress by offering positive distractions, improving mood. Remember to breath and be in the here and now!

**Allow yourself to let joy and gratitude into your life during these challenging times. Stay connected to loved ones. But most importantly be kind to yourself. Let yourself feel the grief, move through it and keep going!**