COPING WITH GRIEF & LOSS DURING COVID-19

We grieve when we lose something or someone important. Many of us have lost a lot: loved ones who have died due to COVID-19, a job, income, social interactions, activities and hobbies we enjoy and the ability to plan ahead.

Everyone Experiences Grief Differently

- Thinking often about the person who died
- Experiencing painful or sad feelings
- Feeling sad, tearful, empty, numb, angry or guilty
- Feeling distracted or having trouble accomplishing tasks
- Physical reactions like crying, shaking, nausea, exhaustion and weakness
- Struggling with day-to-day activities and responsibilities
- Having trouble sleeping or having nightmares

Ways to Cope with Grief

- Accept your feelings
- Recover at your own pace
- Talk, journal, or create something to express how you feel about the loss
- Consider spiritual practices, meditation or yoga
- Take a break
- Be mindful of what is going well
- Focus on things within your control
- Connect with friends and family
- Create a daily routine with time for rest, healthy eating and physical activity
- Limit exposure to COVID-19 media coverage
- Learn about online support groups and social services

Grieving is a natural response to loss. Talking to someone may help. Reach out to a friend, family member, faith leader, support group or counselor.

NYC Well is a confidential 24/7 helpline staffed by trained counselors who can provide brief counseling and referrals to care in over 200 languages. For more information, call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or visit nyc.gov/nycwell.

The NYC Health Department may change recommendations as the situation evolves. 1.8.21