

WE ARE ALL IN THIS TOGETHER

NAVIGATING LOSS DURING COVID-19



The Corona Virus has left a lot of loss in its wake. Many of us are longing for the way how life used to be. Some of us are also grieving the loss of a friend or family member from the illness. You may grieve missing a loved one; missing a major milestone such as a graduation, wedding, or family reunion; or missing everyday things such as a job, hugs, normalcy, being able to take your kids to the playground, and more. Everyone at the moment is grieving to some degree. While there is no right way to grieve, below are some strategies that can help you process and manage loss.

- **Accept** and be present with your feelings.
- **Validate** the loss that you are going through.
- **Recognize** that what you are feeling is perfectly normal in a very un-normal time in our lives.
- **Reach out** regularly to your support system – by phone or video.
- **Draw comfort** from your faith/beliefs/spirituality.
- **Distract** yourself when you can – go for a walk, create some art, garden, do something nice for someone.
- **Do something special** for yourself – dance and sing to a favorite song, make a favorite meal, visit a favorite park, set aside time to look at photo albums and enjoy happy memories.
- **And finally...**

Ask for help when you need it. This maybe the first time you experience the need to reach out beyond your “usual” supports or out of your comfort zone. Contra Costa Crisis Center is available for grief support at 1-800-833-2900 and therapists are available for grief counseling through your health plan.

HOPE AND GRIEF WRITING WORKSHOP: courtesy of **Alan Siegel, MD and Nicki Koethner**

Thursdays, May 7 – 28, 2020, 8 PM PST, <https://zoom.us/j/606380521>, Meeting ID: 606 380 521

***NEW! WELLNESS TIPS Is Now ONLINE:** [HTTPS://CONTRACOSTAHSD.SHAREPOINT.COM/SITES/WELLNESSTIPS](https://contracostahsd.sharepoint.com/sites/wellnesstips)

We care for you. Thank you for all the wonderful things you do here at work. **Please send your Bright Spots, TikToks, and ideas to the Covid Wellness Team at CovidWellness@cchealth.org.** Team Members: Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Jacqueline Mostow, Samir Shah, Sonia Sutherland, Arlene Trimble. Artwork courtesy of Babs Fulton.