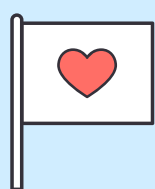




# COPING WITH GRIEF & LOSS DURING COVID-19



## Are you feeling Grief & Loss?

- Grief is both a universal and a very personal experience.
- You may experience all kinds of unexpected emotions, like **anger, shock, disbelief, guilt,** or profound sadness.
- The pain of grief can even disrupt your **physical health**, impacting your sleep, eating, or concentration.
- You might have strong feelings about all the changes, transitions, and uncertainty; feel scared for yourself and others; sad, or alone in your experience.
- Past losses and grief experiences may feel more present during this time.
- Your experience of grief can vary day-to-day, and is influenced by the degree of loss as well as your emotional, mental and physical state.
- These are normal reactions to loss—remember, **caring for yourself** will lessen the intensity of the reaction.

**Grieving is a healthy & normal response to loss**

## You may be grieving about:

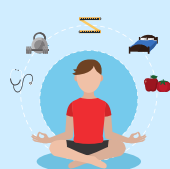


- A sense of normalcy and structure
- Job or financial losses
- Physical contact or time with family and friends
- Sheltering in place
- Missing school, work or social time
- Cancelled plans, trips and celebrations
- Missed milestones like graduations and weddings
- Not being able to be with an ill family member
- Death of a loved one without a final goodbye

**Be Compassionate with yourself & others**



We are ALL experiencing a significant amount of loss during the COVID-19 global pandemic. This a unique human experience of collective grief.



## Tips to Keep Regulated

- **Create a Routine:** Incorporate healthy habits around eating, sleeping and exercising.
- **Manage information overload** from news/media.
- **Use substances safely** and avoid self-medicating.
- **Stay connected while physical distancing:** call family and friends, take an online class, give back to the community, engage in acts of kindness. Tips: [Wellness While Physical Distancing](#).
- **Just notice what emotions & sensations arise** and approach them with compassion. Name it. Notice that even the most difficult emotions pass through.
- **Grounding Technique:** Look around you and identify 5 things you see, what color are they? Name 4 things you hear. 3 things you can feel or touch, 2 things you smell, 1 thing you can taste.



## When & Where to Get Help

**If you are having a hard time managing PLEASE GET HELP you are not alone in this**

If your worries, sadness or grief is interrupting your ability to cope or function day-to-day:

- contact your health care provider
- or the Behavioral Health & Recovery Services Access Call Center at 1-800-686-0101, TDD 1-800-943-2833 (if you are a San Mateo County resident with Medi-Cal or are uninsured)

Community Resources:

**Kara Grief Support**  
For children, families & adults  
650-321-5272 | [kara-grief.org](http://kara-grief.org)

**Pathways - Grief Support Groups**  
888-978-1306 | [pathwayshealth.org](http://pathwayshealth.org)

**Mission Hospice**  
Compassionate, quality, end-of-life care  
650-554-1000 | [missionhospice.org](http://missionhospice.org)

## San Mateo County COVID-19 Resources

Behavioral Health & Recovery Services:

[www.smchealth.org/bhrsservices](http://www.smchealth.org/bhrsservices)

San Mateo County Health: [www.smchealth.org/coronavirus](http://www.smchealth.org/coronavirus)

County of San Mateo: [www.smcgov.org](http://www.smcgov.org)



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH & RECOVERY SERVICES**