### 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

### 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.
- 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.

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### 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.

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### When & Where to Get Help

If you are having a hard time managing 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 1-800-689-0101, 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

- **Pathways - Grief Support Groups**
  888-978-1306 | pathwayshealth.org

- **Mission Hospice**
  Compassionate, quality, end-of-life care
  650-554-1000 | missionhospice.org

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San Mateo County COVID-19 Resources

Behavioral Health & Recovery Services:
www.smchealth.org/bhrsservices
San Mateo County Health: www.smchealth.org/coronavirus
County of San Mateo: www.smcgov.org