

Coping with loss and grief

A guide for adults during the Covid-19 lockdown



About loss

When things change in our lives, sometimes it can be very difficult to cope with. This is especially true when change has caused us to lose things we previously had.

Coronavirus has caused all of us to experience loss of some sort. This may include:

- Loss of routine
- Social activities
- Workplace
- Time with extended family
- Celebrations and ceremonies
- Milestones
- Freedom
- Loss of loved ones

How can loss make us feel?

Even if we have been fortunate enough not to lose someone close to us, dealing with any kind of loss can be difficult. It can vary in how extreme it feels, but it is completely normal to feel sad about losing all kinds of things, even if what you have lost is not the same as others. Take a moment to reflect on how this feels for you:

This guide will include information on managing loss in general as well as more specific information on bereavement and grief following the death of someone you knew.

Supporting yourself

While coronavirus might have temporarily changed the way we look after ourselves, it is more important than ever that we still make the time to do so.

Be patient with yourself

The situation that we are in is very unusual. Remember that it is absolutely valid to be feeling the way you are, so give yourself time to adapt.

Seek support

Continue checking in with those around you and talk about how you are feeling. Rely on your existing support networks or build upon new ones. The chances are, people will be feeling similar things and they too might want an opportunity to talk about it.

Look after your wellbeing

Don't neglect yourself during this time. Take some time each day just for you and do what makes you feel good. Take a look at [our top tips for wellbeing at home](#). For other self-care ideas, [click here](#)

What has stayed the same?

When surrounded by uncertainty, it can be helpful to think about what has not changed in our lives. You can use the space below to note some things down.

Writing a list of things you are grateful for each day can also help:

1.
2.
3.

For more ideas on coping with lockdown loss, [click here](#)

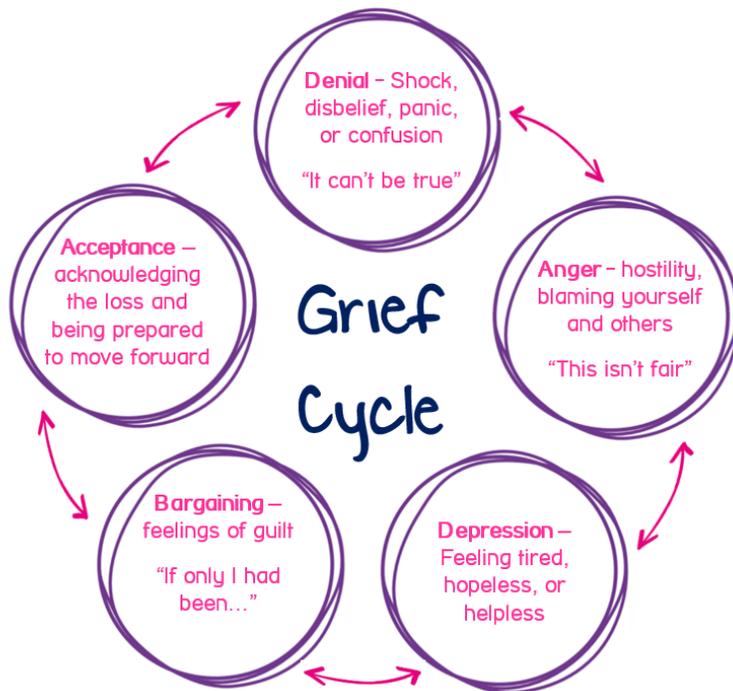
Supporting others during this time

Reach out to your friends and ask them how they're doing. While we may not be able to physically meet, the beauty of technology allows us to remain connected. You can refer to our guide on 'talking about mental health' for tips on starting a conversation.

Here are [six ways to help children cope with lockdown loss](#).

Bereavement and grief

While we are all feeling loss for lots of things right now, some of us may also have experienced bereavement after losing someone important to us. The process we go through following this is grief, which is characterised by a range of emotions experienced as we adjust to the loss.



While grief is completely individual and unique, the 'grief cycle' outlines some stages of grief that might be experienced. These do not always appear in the same order for everybody, and it's common for individuals to move backwards and forwards between stages.

During a time where so many things are different, bereavement may feel even more difficult to cope with than usual. Coping strategies may change, but it remains as important as ever to seek support from those around you.

[Click here for some ideas on how to support yourself.](#)

"The pain doesn't vanish and we shouldn't have to hide it, especially from those closest to us."

Supporting others with grief

It can be hard to know what to say but often the first step is letting someone know that you are there to support them when they are ready. For general advice on supporting someone else with bereavement, click [here](#).

For parents and caregivers

- [YoungMinds parents guide](#) to supporting your child with grief and loss
- [Click here](#) for information on talking to children about death

For school staff

- [How can I help bereaved pupils when the schools are closed?](#)
- [Click here](#) for guidance films and downloadable information sheets

"The best things that friends and family can do is simply listen. They often don't need to say anything, just being willing to listen to your problems makes you feel less alone and isolated"

Use the clickable links to access more specific information on loss and bereavement:

