

GRIEF *during* COVID-19

The Spring 2020 semester is quickly coming to an end, which brings a new chapter to our lives. Over the past couple of months, you may have lost things that are important to you.

DIFFERENT TYPES OF LOSS INCLUDE:

- **Tangible Loss** (unemployment or financial insecurity)
- **Loss of safety** (instability and unpredictability in daily routines)
- **Loss of freedom** (social distancing and modified independence)
- **Loss of trust** (uncertainty about systems including school, work, or health care)
- **Loss of experiences** (missed opportunities or hallmark events including UVA traditions, final exercises, and ceremonies)
- **Individual Loss** (illness or death of a family member or friend)
- **Loss of tradition** (inability to gather and collectively mourn a loved one or celebrate their life)

All of these losses, whether caused by an isolated incident or a culmination of loss and change can be marked by grief.

SIGNS OF GRIEF MAY INCLUDE:

- **Frequently** feeling on **edge**.
- **Feeling angry** at things you can't control.
- **Constantly thinking** about the worst case scenario.
- **Withdrawing** from or avoiding others.
- **Feeling** exhausted.
- **Experiencing difficulty** with focusing

FORTUNATELY, GRIEF IS TRANSIENT, AND PEOPLE ARE RESILIENT.

You can help yourself grow through your grief by practicing the following:

- **Name the source** of your grief or the type of your loss, and acknowledge your discomfort without trying to make sense of it.
- **Identify what you have lost along with what you have gained** as a result of COVID-19. For example, you may have lost time spent with friends at UVA, but you may have gained an opportunity to reconnect with other friends and family.
- **Increase your creativity** and look for **fulfillment** in familiar people or resources.
- **Recognize** the fluid and messy **stages of grief** (denial, anger, bargaining, depression/sadness, and acceptance)
- **Give** friends, family, and peers the **space** to experience grief in their own way and at their own pace.
- **Stay grounded** in the present.

SEEK JOY

NEED MORE HELP? *Call* CAPS

(434) 243-5150

CAPS remains available to all students for support, referral assistance, and crisis services. Additional Student Health resources include WahooWell Remote and UVA's Collegiate Recovery Program.