



SOME THINGS YOU SHOULD KNOW ABOUT LOSS AND GRIEF DURING THE CORONA VIRUS PANDEMIC

During any mass tragedy, whether it's a natural disaster, an act of violence or an epidemic, communities experience COLLECTIVE grief. In addition to obvious losses, such as the death of a loved one, we also experience a variety of subtle or secondary losses that we may not even be aware of. In order to restore emotional balance, please take a moment to recognize these losses as you work through your grief process:

- **Financial, Material and Worldly Loss** – Loss of assets or financial security, or the loss of a job or a project. The pandemic is causing massive upheaval in economic stability for everyone, from billionaire investors to the lowest-paid hourly workers. We are all grieving this loss.
- **Environmental Loss** – The world outside our own homes is no longer safe to inhabit. We are grieving the loss of habit and habitat.
- **Loss of Social Connections** – Separation from friends and family, children not being able to play together, no social engagement, no hugging, not touching, etc. Deep, deep grief for this, disruptive to emotional well-being.
- **Loss of Physical Health** – Becoming infected with the virus, or being more acutely aware of one's physical vulnerabilities.
- **Institutional Loss** – When a corporation, religious body, government or medical system fails to provide the benefits it promises, there can be a profound sense of community loss. We are grieving ALL of those losses right now.
- **Loss of Autonomy/Freedom** – We are grieving the loss of our personal freedoms when we are locked down or quarantined.