

THE UNEXPECTED FEELING OF *Grief*

After a loss, it's not uncommon for people to experience grief. Grief is not limited to experiences with death. Grief can manifest from school shootings, political or social unrest, acts of violence, or really any complex loss.

David Kessler, the author of Finding Meaning: The Sixth Stage of Grief, highlights this concept in an article done by Harvard Business Review. Due to the pandemic, "we're feeling a number of different griefs. We feel the world has changed, and it has." To process and cope with these losses, you must understand grief itself.

SYMPTOMS OF GRIEF

BEHAVIORS

Sleep Issues
Appetite Changes
Withdrawal
Absent-Mindedness

COGNITIONS

Obsessive Thinking
Intrusive Thoughts

FEELINGS

Sadness
Numbness
Anger
Guilt
Anxiety

PHYSICAL

Tight Chest
Lack of Energy
Muscle Weakness
Dry Mouth



COPING WITH GRIEF

- **Talk about it.** Many people deny grief which can cause isolation and may make it more difficult to accept.
- **Experience and accept feelings.** Feelings of sadness, anger, numbness, etc. are all normal. Experience them to accept them.
- **Adjust to the new "normal."** Try to keep your routine as close as possible as it was before. This will create a sense of comfort.
- **Prioritize self-care.** Focus on your eating habits, exercise and sleep. Try Mindful Meditation to also help.

Take care of your mental health and well-being. *You don't have to do it alone.*

Visit allonehealth.com/member-support