

COVID GRIEF IS DIFFERENT



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Bereavement is:

- Is Loss
- Is An Ending and Beginning
- As it relates to COVID 19 is pervasive and affects every facet of life.
- It includes but is not limited how this loss is viewed.
- It is the absence of physical health, social and emotional presence, social, and In-person spiritual Support

Grief:

- Is the natural reaction to any and all loss,
- Is pain and manifested physically, emotionally, cognitively, behaviorally, and spiritually.
- Is our personal pathway of expresses outcomes of grief rather than a series of stages or steps.
- Reminds us of our connectional relationship to someone we loved.

Mourning:

- Is the natural response to the loss and pain.
- Is shared with others, public, and intentional.
- Is a process and is progressive.

Grief Over the Pandemic

A time of multiple losses, including:

- Employment/schooling
- Income
- Freedom of movement
- Relationships

Loss of an assumptive world

- World no longer viewed as safe, benevolent, and predictable
- The nature of trauma
- Challenge to spirituality

Why, God?

Past pandemics have had varied spiritual effects – sometimes reinforcing spiritual beliefs – other times ,
modifying

Grief and COVID-19 Deaths

- COVID Grief is loss health, normalcy, familiar mourning rituals
- Creates isolation, sense of abandonment, powerlessness, and personal control.
- Complicated grief likely
- Deaths often relatively sudden and unexpected
- Minimal visits to the ill
- Physical distancing and the limits of funeral rituals
- Contagious nature of disease and the issue of survivor and/or death causation guilt
- The spiritual dimension – Moral guilt and cosmic anger