Supporting Loss

Memorial Day 2021

by **Beverly Weathington**
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Loss as a Result of Covid-19: **The Unique Challenges**

- Sudden
- Unexpected
- Isolating
- Unsupported
- Survivor's guilt

Covid 19 Complications

- Inability to Have Typical Burials/Rites of Passage
- Stigmatized Loss
- Limited Social Support

Accept Person's Need to Grieve

- Grief is normal
- Grieving takes time
- People grieve differently

Give Grace to the Grieving

Person may seem

- Distant
- Needy
- Disinterested
- Angry
- Ok and then not ok
- Not themselves

What Does Being Supportive Look Like

- Reaching Out
- Emotionally Available
- Ability to listen
- Accepting of Feelings

Remember:

Grief Applies to All Ages & Genders

Merrill Palmer Skillman Institute
100 Years
for Child & Family Development

Acknowledge Loss

- Phone Call
- Greeting Card
- Letter
- Flowers/Plant
- Photos

Give Opportunity to Talk

- Don’t avoid discussing loss
- Realize it may be emotional
- Accept feelings of sadness/anger
- It’s ok to laugh and discuss happy times
- Listening is powerful

Resist

1. Putting a timeline on grief
2. Saying you know how someone feels
3. Reminding the grieving person of what they should be grateful for
4. Comparing your grief to some else's experience

Sometimes we just need someone to simply be there. Not to fix things or do anything in particular, but just to let us feel we are supported and cared about.

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