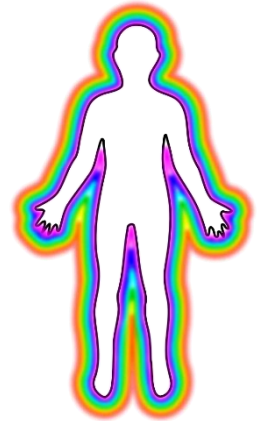


- Grief is unique to us all. Like a finger print, grief is experienced in different ways by everyone. **COVID-19** has affected us all and has left us with a sense of loss that impacts us in many different ways.

- Grief impacts our entire body:

- Physically- headaches, stomach aches, sleep issues
- Emotionally- irritability, frustration, overwhelmed, uncertain
- Mentally- racing thoughts, negativity, depression
- Spiritually- meaning of life, my place within it



Instrumental Grief

based on work by Terry Martin & Kenneth Doka



- * Grief is experienced in more physical or cognitive ways
- * Grief is expressed in more physical, cognitive or behavioral ways
- * More thinking than feeling
- * Focused on doing and actively responding to grief
- * More 'masculine' way of grieving

www.whatsyourgrief.com

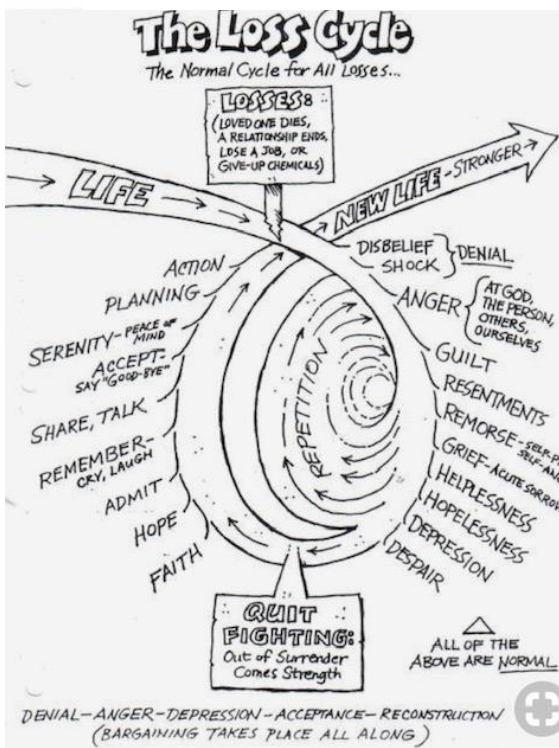
Intuitive Grief

based on work by Terry Martin & Kenneth Doka



- * Grief is experienced as waves of emotion.
- * Grief expression mirrors inner feelings and emotions.
- * More feeling than thinking
- * Focused on exploring and expressing feelings and processing emotions.
- * More 'feminine' way of grieving.

www.whatsyourgrief.com



- Everyone has their own style of grief


- Grief is ongoing and messy; there are no tidy stages to complete, but rather cyclical waves to experience.

- Our unique reactions to **COVID-19** = our grief response.

- The strange fog you might be feeling is grief.

- Acute Grief- raw, overwhelmed, constant thoughts; approximately first 6-9 months.

Acute Grief (Time Limited)



- Disbelief
- Yearning; sorrow; intense emotions
- Insistent thoughts
- Sense of insecurity
- Disengaged from ongoing life

The Silent Grief!




Unacknowledged
Unrecognised
Unsupported

www.jesmry.com.au

- Disenfranchised Grief- grief that is unrecognized, unacknowledged, and unsupported. The loss of a job, pet, opportunity, relationship, hope or dream, etc.

Trauma is



anything that overwhelms the brain's ability to cope.

COVID-19 is a **traumatic** world-wide change to our "normal"; thus, the loss of opportunities, income, sense of safety, and continual drastic changes to our lives are impactful. Therefore it is natural and to be expected that you and your family are experiencing grief responses to this pandemic.

#COVID19GA

COVID-19

CORONAVIRUS DISEASE

