

Understanding Grief

Grief isn't just reserved for death. It's perfectly normal to also feel grief over the loss of anything that was important to you, such as a vacation, spending time with friends, going out to eat, and other activities you had planned. You might feel tired, irritated, sad, nervous or other emotions. These are normal reactions to the recent changes and losses you may have experienced.

Here are some daily tips to get you through it:

- Try to connect with other people.
- Keep some sort of structure in your day.
- Drink water.
- Do a physical activity.

Resources for support include:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

www.healgrief.org

[samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

