

HOW COVID-19 MIGHT BE CAUSING YOU TO GRIEVE

You may have only heard of grief in terms of death, but it's a lot more than that. Grief is the emotions we feel related to loss, even if that loss is something like your typical schedule or your sense of safety and control.

STAGES OF GRIEF

DENIAL

- o Acting as though it's the same as the flu and therefore unnecessary to worry about
- o Thinking that you don't need to care about it because you're young

ANGER

- o Not caring about shelter-in-place restrictions and seeing friends anyway
- o Blaming others for not quarantining and being the reason this is still an issue

BARGAINING

- o Acting as though if people look healthy, they are fine to be around
- o Telling yourself that this will all be over by Halloween

DESPAIR

- o Thinking that this is forever, and you'll never be able to hang out with your friends normally again
- o Worrying that many of your loved ones will die before this ends

ACCEPTANCE

- o Knowing that while you can't control the pandemic, you can do your part
- o Acknowledging that even though you're stuck at home, you can still connect with friends and family

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