

# The Coronavirus and Grieving

If you are grieving the news and events surrounding Coronavirus you are not alone. Whether you are upset that your vacation has been canceled or have been quarantined (mandatory or not), make no mistake about it, people all over the world are grieving. Most people associate grief with death and death alone. And while death is certainly a loss, many other life events can produce feelings of grief related to COVID-19.

A big one is loss of safety.

It can be scary when everything we are familiar with changes. You might be one of the tens of millions of people around the world under quarantine, so almost all your daily habits and routines have changed.

- Maybe you are worried about the wellbeing of your parents, children, and your *own* health and safety.
- If you are older or have health problems, and are following Centers for Disease Control guidelines, you probably are staying indoors.
- You could be socially distancing yourself from friends and family so as not to expose them or yourself.
- Special vacations that you planned for have been canceled as well as numerous concerts, business events, and church.
- It can be shocking to see that things that were a given in our daily lives have shut down like schools, the NBA, and even Disney World.
- Maybe you are working from home and miss the camaraderie of your co-workers.
- Celebrities we know and love, like Tom Hanks, have tested positive for Coronavirus.
- Maybe it is causing strife in your relationship because you and your significant other do not agree on how to prepare for COVID-19.
- Have you lost faith in your government, employers, and even god?
- Maybe you are worried about friends in Italy, our first responders, or our healthcare system.
- You could be worried about the future of your job, how to take care of your kids, and how you are going to pay your bills.
- There's also general sadness for our community.
- Many things we accept as normal have been turned upside down. This leaves many of us, me included, feeling like there is an uncertain future.

## How is this grief?

[Grief](#) is the normal and natural emotional reaction to the loss of any kind.

- Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior.
- One way to describe grief is that it is like reaching out for something familiar, only to find that when we need it one more time, it is no longer there.
- When we grieve, we grieve the loss of unmet hopes, dreams, and expectations.

- Are you practicing Short Term Energy Relieving Behaviors ([STERBs](#)) like shopping, excessive exercise or drinking?
- Don't these definitions apply to at least one, if not all the situations above?

I used to gamble, shop and eat to avoid my feelings. Guess what? It worked! They distracted me short term but did not help me long term. I was simply using the wrong tools. The Grief Recovery Method gave me effective tools that are [proven to work](#). They can work for you too. (Emily James)

Imagine not grieving the news and events surrounding Coronavirus. Wouldn't that be freeing? Call and make an appointment to learn more about The Grief Recovery Program.

Susan Dobson  
Grief Recovery Specialist  
(209) 320-5733  
[pastoralsvcs@presentationchurch.net](mailto:pastoralsvcs@presentationchurch.net)