

Processing Grief During COVID-19

We have never dealt with this exact situation before and we want to acknowledge the new challenges that may arise. We are all navigating new territory, so be kind to yourself.

Grief looks and feels different to each person. Some feelings that can occur during grief include anger, guilt, confusion, disbelief, or sadness. Remember there is no right or wrong way to grieve.

There are many new changes and things to consider when participating in ceremony. These changes may feel overwhelming, and it is okay to grieve the immense amount of loss when it comes to jobs, school, gatherings, and ceremonies.

We are social beings, acknowledge the grief that comes with being disconnected from others.

This constant change can be difficult. We are living from crisis to crisis, so it is important to take things day by day.



A teen's grief can seem unpredictable and explosive at times. They are grieving while their brains are experiencing a great deal of change. Have open conversations with patience, understanding, and reminders that you love them.

Grief can be intensified during a pandemic. We don't have the time or space to grieve or even prepare to grieve.

Physical isolation can be felt as a loss to a child - a loss of friends, school, regular family visits, and others. It is common for children to revert to younger behaviour (afraid of separation, struggling to manage emotions). They can move very quickly from being sad to playing happily. This is normal.

Reach out to your community for Elders, Knowledge Keepers, Spiritual Advisor support, or healthcare providers for information on how to access resources.



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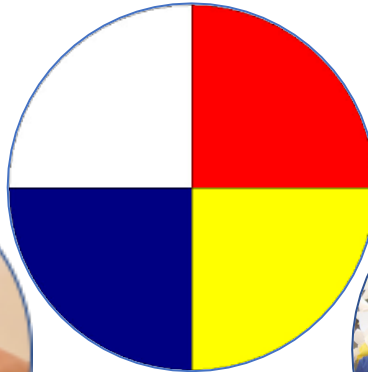
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What Can We Do?

First, take care of yourself to ensure you can care for others in a good way.



Pray in your own way.

In a mindset (spirit) of prayer, make a tobacco offering or sacred plant of your area e.g. cedar, sage or sweetgrass.



Smudging is a way of entering into prayer, and is a powerful way to cleanse and bless the mind, body and spirit.



Participate in spiritual practices like watching a service online or practice Indigenous spiritual teachings such as ceremonies, prayer, lifting the pipe, fasting, art, songs and dance.



Meditation is a way of healing and relaxation. Find a quiet space, close your eyes and take five slow breaths. Play relaxing music or guided meditation recordings. Allow your mind to be free.



Water is a sacred gift and connects all living beings. Pray in your own way to bless the water, heal ourselves and our environment. Take a cold shower to have the water bless you and take away the grievances.



There are many ways to honour the deceased: memorials, Facebook, virtual groups, honouring events or actions.



To cope with so many new changes and losses, try writing your thoughts down in a journal, drawing a picture, or recording a voice memo on your phone to release any thoughts. Use a journal (in any form) to express gratitude or affirmations. Grief, whether it's anger or the need to cry, can also be released by using a pillow.



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