

## Mental & Emotional Health Support

The COVID-19 pandemic has created a new reality marked by grief and loss along with an array of strong emotions. The disruptions in our day to day lives contribute to the uneasiness and sadness that we are feeling. Not only are we mourning the loss of thousands of lives, but we are also mourning the loss of normalcy, seeing our loved ones to the potential loss of a traditional promotion ceremony for our 8<sup>th</sup> graders.

Each of us experience grief in our own way. Also, there is no right or wrong way to grieve!

**Below is a link to a video and a worksheet that can help you identify and cope with losses and grief resulting from the COVID-19 pandemic.**



GRIEF

can feel like

many  
feelings

anxiety

loneliness

fatigue

sadness

numbness

yearning

insert your feeling right here

anger

boredom

pain

### Grief and Loss Video

[Grief and COVID-19: Mourning What We're Missing](#)

### Grief and Loss Worksheet

[My Grief Response and Plan](#)