

# SEL NEWSLETTER

## GRIEF AND LOSS

The pandemic has brought grief and loss to many of our communities. Grief can be an experience when we lose a loved one or when we have a drastic change to our routines. Grief is a complex experience that is unique to each person. Some common responses to loss can be anger, sadness, guilt, depression, anxiety, problems at school, difficulty concentrating and fatigue. The discomfort associated with grief time eases over time, but sometimes time alone is not enough, and additional support is needed.

### Resources:

[How to Deal with Grief](#)

[The Grieving Process](#)

[Supporting Grieving Children and Teens During COVID-19](#)

[Grief and Loss in the Time of COVID-19](#)

The Elizabeth Hospice:

<https://elizabethhospice.org/grief-support/children/>

National Alliance for Grieving Children:

<https://childrengrieve.org>

## HOW TO SUPPORT SOMEONE WHO IS GRIEVING



### Take time to listen

Some people may not be looking for advice but rather an open ear to vent their feelings. Let the grieving person lead the conversation.

### Accept all feelings

Acknowledging grief reactions lets the person know the emotions they feel are natural and necessary. You should never pass judgment on how well a person is coping with a loss.



### Respect individual needs

Offer to be there, but accept if they wish to spend time alone. It is important to respect needs for privacy.

### Understand differences

Many individuals and cultures have different ways of processing grief. It is important to respect perspectives about death that may differ from your own.



## WHAT NOT TO SAY

They lived a long life.

Only the good ones die young.

God works in mysterious ways.

I know how you feel.

You need to be strong for your kids.

You need to move past this.  
You should be over this by now.

## BENEFITS OF JOINING A SUPPORT GROUP

A grief support group can be a useful and healthy way to go through the grieving process.

Joining a support group can help:



Gain a better understanding about grief.



Provide continuous support that may not be available through counseling.



Begin new friendships and relationships.



Learn about other grief and support resources that may be available.

**Asbestos.com**

Brought to you by The Mesothelioma Center