



# Coping with loss and grief

A guide for young people during  
the Covid-19 lockdown

## About loss

When things change in our lives, sometimes it can be very difficult to cope with. This is especially true when change has caused us to lose things we previously had.

Coronavirus has caused all of us to experience loss of some sort. This may include:

**Loss of routine      Social activities      Exams      School**

**Time with extended family      Celebrations and ceremonies**

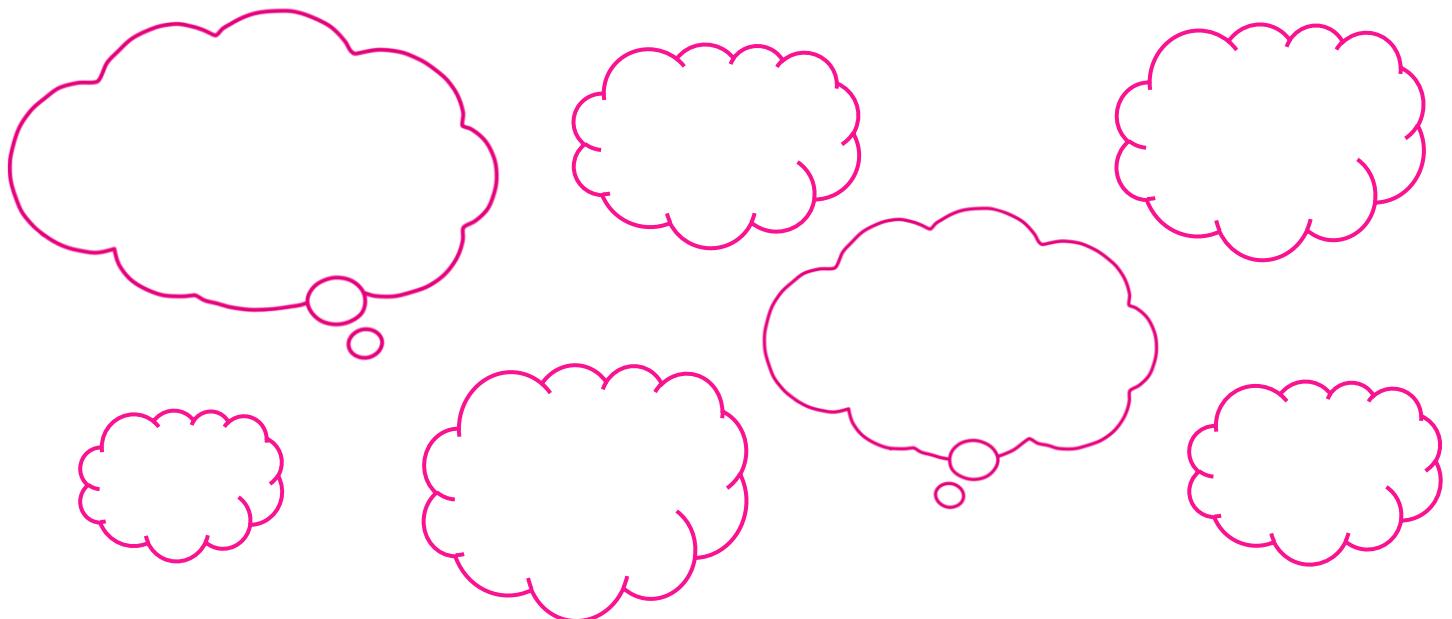
**Milestones      Independence      Loss of loved ones**

## How can loss make us feel?

Even if we have been fortunate enough not to lose someone close to us, dealing with any kind of loss can be difficult.

Loss can vary in how extreme it feels, but it is completely normal to feel sad about losing all kinds of things, even if what you have lost is not the same as what others have lost. It's important not to feel guilty about this.

Use the bubbles below to write down words that describe some of your feelings:



## Supporting yourself

While coronavirus might have temporarily changed the way we look after ourselves, it is more important than ever that we still make the time to do so.

It can be difficult to find the energy but think about what makes you feel good and try to build it into your daily routine. Some key ways to support yourself right now are:

### Be patient with yourself

The situation that we are in is very unusual.

Remember that it's absolutely Ok to feel the way you are, so give yourself time to get used to the changes.

### Seek support

Keep talking to the people around you about how you are feeling.

If you don't want to talk to people you know, why not look at some online [discussion boards](#) with other young people going through similar things?

### Look after your wellbeing

Make time to look after yourself!

Take a look at [our top tips for wellbeing at home](#)

For other self-care ideas, [click here](#)

### Think - what has stayed the same?

When surrounded by uncertainty, it can be helpful to think about what has not changed in our lives.

Use the space below to note some things down:



Sometimes we can get stuck in a cycle of unhelpful and negative thoughts. **Writing down things we are grateful for** each day can help us to bring more positive things to mind. Try it here:

1. ....
2. ....
3. ....
4. ....
5. ....

For more ideas on coping with lockdown loss, click [here](#)

## Bereavement and grief

While we are all feeling loss for lots of things right now, some of us may also have experienced the death of someone important to us.

The emotional process we go through after losing someone close to us is called grief. This can be very different for everyone but could include feelings of:

**Shock   Panic   Sadness   Depression   Anger   Fearful   Anxious**  
**Guilt   Relief   Numbness   Concerned   Abandoned**  
**Misunderstood   Worried**

**It is important to remember that there is no right or wrong way to cope with losing someone.**

You may find some of the suggestions/tools that we shared useful but there is lots of other support and information available for young people who are grieving.

Click the icons to find out more



**The Good Grief Trust** has a useful page for young people who are grieving. It has videos and blogs where others have shared their experiences of grief, it has guidance on what might help in this time and advice on where you can if you need more support.



**Young Minds** shares ideas on how to communicate and work through your grief as well as advice on how to support a friend who has lost someone.

