



Loss and Disappointment COVID-19

For Adults

- Recognize and accept your feelings regarding losses..
- Understand that grief is a process and has different stages. Some days will be better than others.
- Give yourself time to adjust.
- Create a daily schedule and stick to it
- Take care of yourself- eat healthy, exercise, rest and drink water.
- Find ways to connect with your tribe and check in with one another to keep from feeling isolated and alone.
- Practice good self-care.
- If necessary, utilize online counseling.

For College Students

- Listen and validate those feelings of loss.
- Allow time for adjusting to a new routine.
- Recognize that your college student is a young adult, allow space for independence.
- Encourage your college student to remain connected to their school through social media.
- Remind them this is temporary.

For Teens

- Allow for the expression of all feelings and validate them.
- Listen attentively.
- Do not try to fix it.
- Encourage healthy sleep, activity and nutrition.

For Elementary School Children

- First, check your own emotions.
- Listen attentively.
- Acknowledge and validate the loss.
- Limit the exposure to the news.
- Create a routine.
- Reach out to school through Facebook Page or other platforms
- Don't swoop in!