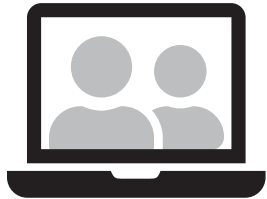


Dealing with grief or loss

Grief after losing someone during the COVID-19 pandemic can be complicated.



Reach out.

Talk with trusted friends and family members. Consider joining a support group or seeing a counselor.



Be patient.

Mourning takes time. Give yourself permission to feel sadness, joy, or any other emotions that arise.



Take care of yourself.

Try to exercise regularly, eat healthy food, and get enough sleep. Avoid habits that can put your health at risk, like drinking too much alcohol or smoking.



Avoid major changes.

Wait a while before making big decisions, like moving or changing

Talk to your doctor.



Tell your health care provider if you are having trouble with everyday activities, like getting dressed, eating, or sleeping.



It is okay to ask for help.
If you or a loved one is having a crisis,
call 866-4-CRISIS

Spread the Facts

coronavirus.wa.gov