

GRIEVING DURING A GLOBAL PANDEMIC

Having an important person in your life who is dying or who has died is a painful, heartbreaking process. During the current COVID-19 pandemic, this grief is can be made worse as we move through an unprecedented time. Boston Medical Center acknowledges the enormity of your experience, and we are here to provide support to you and your family.

GRIEF IS COMPLEX.

Grief is unique to each person. While some parts of your experience may be similar to another's, there are still many aspects that are different for everyone.

There is no one right way to grieve. Many people find that grief can make them feel alone, especially in our current environment. If you are in need of support, please reach out to us at Boston Medical Center.

GRIEF IS NOT TIME DRIVEN.

It is normal to feel many different feelings as you grieve – sadness, anger, relief, jealousy, shock, worry. These feelings often come and go, and there may be times where they are intense and overwhelming. There may also be periods that feel quiet or calm. These waves of emotion are a normal and natural part of grieving that stay with us throughout our lives.

THESE ARE UNUSUALLY STRESSFUL TIMES.

The COVID-19 pandemic has changed our daily lives, including how we grieve. Families are not able to see dying relatives and not able to gather together for memorial services.

These changes can make grief feel more isolating and difficult to deal with. Remember that these changes and stressors may impact you and your family. Try to be patient with yourself and others.