

## **Coronavirus: Grief and isolation**

Being bereaved can be a very lonely time. Talking with friends and family can be one of the most helpful ways to cope after someone close to us dies. Cruse advice is usually to avoid spending lots of time alone. But at the moment many of us need to self-isolate so that we don't catch the coronavirus, or pass it on to others.

Grieving while being alone can mean that:

- Your feelings of loneliness and grief are stronger.
- You might have to stay by yourself in a place you shared with the person who has died. This can bring up painful memories.
- If you are living with a family in the same house, you may be able to support each other. But sometimes being together all the time can lead to tension or arguments.
- It is harder to deal with your grief because everyone is also worried about the coronavirus situation.
- You may be left without someone to share your feelings with, or to help you with meals and shopping.

## **Tips for how to help yourself and others**

- Keep in touch with others using the phone, text, internet or social media.
- Look after yourself and get rest. Try to get some fresh air or sunlight each day – even opening a window can help.
- Keep to a regular routine.
- Ask for practical help from friends, family or neighbours.
- Don't feel guilty if you are struggling.
- Try to stay in contact with bereaved friends and family even if you cannot visit (on the telephone, or send a letter or card).
- Help someone else if you know they are struggling.
- Let a bereaved person talk about how they are feeling and about the person who has died.