

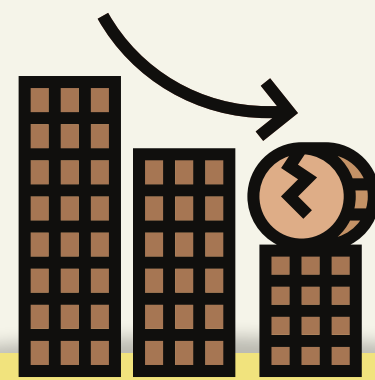
# COPING WITH SADNESS AND LOSS

DURING  
COVID-19

For many, the pandemic has resulted in the loss of much that is important to us:



Social contact



Financial  
security



Jobs



Relationships



Hobbies and  
routines

In addition to sadness, we may feel **guilty** when:

- we are unable to care for our loved ones
- others seem 'more' affected by the pandemic
- we are not spending our time as productively as others seem to be



Over time, this may lead to feelings of hopelessness about the situation, and affect our interest in routines and responsibilities. It may also lead to a reduction in our ability to cope and care for ourselves.

# RESPONDING TO SADNESS

## 1

### Practice self compassion

- **Missed opportunities are not personal failures**

No one could have predicted the pandemic

- **Our feelings are valid**

Each person's difficulties matter

- **Be kind to ourselves**

It's only human to make mistakes during challenging times

## 2

### Change your perspective



- **Accept that the new situation is indefinite**

- **Be flexible in finding alternatives**

e.g. learn new home workouts to replace the gym, arrange online activities to replace meet ups

- **Find creative ways to help**

e.g., deliver meals to elderly neighbours, check in on friends who are lonely

**Helping gives us a sense of meaning and purpose!**

## 3

### Maintain routines



**Drawing up a schedule and going through with planned activities can help improve our mood.**

1. Plan specific activities throughout the day at **consistent times**
2. Recognise **feelings of reluctance** in going through with an activity
3. Understand that **sadness and stress** is causing your reluctance
4. **Do it anyway**, or
5. Change the activity to something **slightly easier**
6. Notice how your mood improves

