

Stages of Grief

During COVID-19

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“To every thing there is a season, and a time to every purpose under the heaven...a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing”

Ecclesiastes 3: 1, 4-5

Grief. We are all going through it. Although its stages are fairly predictable, we can find ourselves in any one of them at any given time. Each stage is valid with its own sets of thoughts and responses. What's important to know is that our feelings are normal considering what we are going through. Our world has experienced a great deal of loss as have each of us individually. And as the pandemic's impacts evolve, we may go through the same responses multiple times. However, if you find yourself stuck in anxiety, anger, or sadness and can't find relief, please reach out for help. If you are in the state of Georgia and are in crisis, dial 800.715.4225. If you need extra help navigating during this time of sheltering, feel free to call 678.631.7639 for online therapy or consult Psychology Today for other options. Outside the state of Georgia, you can find someone by going to Psychology Today's website and typing in your zip code. Scroll through the many options until you find someone whom you feel would be a good fit for you. You are not alone.

Stage

What Stage Looks Like

1. Shock/Denial	“Maybe it won't be so bad.” “We can stop it before it gets so bad.” “It probably won't affect us here as much.”
2. Anger	“The government is getting it wrong!” “The news is getting it wrong!” “Who says I can't leave my house!” “This is _____'s fault!” “If everyone else would follow the rules....!”
3. Bargaining	“Maybe if I keep my hands washed I can still go see friends.” “Maybe if we just obey the rules this will be over in a couple of weeks.”
4. Sadness	“This has changed my world and it hurts.” “This is lasting a long time and I don't know what to do with that.” “What I knew to be true doesn't seem true anymore.”
5. Acceptance	“Wow. This is really happening and I need to figure it out.” “What do we really need and how can I carry on in light of that?” “How can we adapt while this is going on?”
6. Meaning Making	“What does this mean personally, spiritually?” “How has this changed my life for the good?” “How has this changed culture for the good?” “What do we know now that we didn't before?” “How can life be better after experiencing this?” “How can I help others during/after this?”