



Ascension

Ascension WI EAP

Grief By Any Other Name is Still Grief

In my role as counselor, I have heard several people say in recent days, “I don’t know why I can’t get it together right now.” “I feel so exhausted, but I don’t do anything.” “I keep forgetting what day it is.” “I really miss people.” This weird cloud that is hanging over us in the quiet stores, the empty streets, and our own houses is grief. Sometimes we associate grief with death, however; *grief is also a normal reaction to any change or loss.*

Here are some things that may be causing you grief:

- **Change of routine in work, school, and activities** that used to order our time and keep our brains busy. In grieving, we lose track of time and concentration.
- **Loss of contact** with friends and family and not being in social settings. Grief makes us sad and lonely.
- **Worries about when this will be over.** “Will someone I know be infected? Will I lose my job? Will we make it financially?” Thoughts like these run through our minds. Grief can make us afraid.
- **Negative feelings about the circumstances.** “I feel impatient with my family. I wish this could end. I can only watch so many shows.” Grief makes us angry and irritable.

My advice: realize that you are grieving, and this is a normal response to circumstances.

- **Grief comes in waves.** Sometimes it is intense and other times not so bad. When it seems like it’s over, it hits you again. Be patient with yourself and expect ups and downs.
- **Give yourself extra rest.** Take frequent breaks from work to move around and think about something else. Get fresh air, sunshine, and take a walk outside when you can.
- **Watch out for addictive behaviors** that make you feel good in the short term, but hurt in the long run, like overeating, oversleeping, overshopping, drinking alcohol, smoking pot, watching porn, and online gambling.
- **Try to accept where you are now.** Look for the blessings in your life. Try to find some peace in the slower pace of life.