MANAGING GRIEF

Counselor Tips During COVID-19

Write down your worries & grief on scraps of paper. Pile them up near the grief candle and burn them together, as a family, once a week. Invite loved ones to also share their losses virtually. Write those down, as well. Burn all of them together and acknowledge your own and others’ grief.

If you have access to a creek/stream/river, write losses on leaves, and set them afloat, imagining yourself letting your losses go as they drift away on the water.

Put a candle on a kitchen counter or other safe place. Invite family members to light it whenever they’re having a particularly hard time. (Offer to help small children.)