

Coronavirus and  
grief

Large print version

*Cruse*  
Bereavement  
Support

## Coronavirus, bereavement and grief

Coronavirus has affected any things in the way people have died and how we are able to grieve for them. Losing someone during a pandemic can be very painful and difficult.

### Feelings when someone died of Covid-19 or during the pandemic

#### ***Shock***

Their death may have been unexpected or become serious very quickly. This can lead to feelings of shock. If you weren't able to be present for the death or couldn't view the body it can take time to accept the reality of the death.

#### ***Trauma***

You may not have had an opportunity to spend time with the person while they were dying, or been able to say a proper goodbye. This can be very painful and traumatic.

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You may have also read or seen difficult stories in the media or you may have witnessed distressing scenes directly that can add to the trauma of their death.

### ***Anger and guilt***

You may also have concerns about the care the person received before they died. This in turn can lead to feelings of anger and guilt. You might feel that their death could have been prevented which might lead to anger with others, or guilt that you couldn't protect them.

### ***Isolation***

If you were bereaved during a lockdown or during restrictions you might have missed out on support and love from your other friends and family.

### ***Funerals and memorials***

You may not have been able to have the funeral or memorial service you wanted. Numbers may have been restricted and you may not have been able to attend if you were isolating or ill yourself. Not having the usual routines to follow after someone dies can feel very strange and painful.

## What can help

The initial reactions of anger, shock and fear will reduce over time. You will most likely have bad days and better days as you grieve.

### ***Talk to someone***

Talk to family, friends, or to someone who has had similar experiences. Your GP may be able to help if your mental or physical health is suffering. You can also contact us at Cruse (see below).

### ***Look after yourself***

Try and get some fresh air or sunlight each day. Exercise can be really helpful, even if it's just a walk around the block. Keeping to a routine can help, and resting even if you can't sleep.

### ***Remembering***

There are lots of different ways to remember someone and keep them as part of your life. This might mean creating a memory box, a special album of pictures, or visiting places which were special to them.

If you weren't able to have the funeral you would have wanted, you could plan another service or memorial event when it's possible.

If you weren't able to say goodbye or talk to your relative or friend before they died, many people find it helps to write them a letter or find another way to say what you need to. Some people find keeping a journal is useful.

**For more support call our helpline**

**0808 808 1677**