

# Coping with the Loss of a Family Member, Friend, or Loved One to COVID-19

## You may be experiencing:

- Mood changes
- Helplessness or loneliness
- Shock, denial, disbelief
- Guilt or regret
- Loss of control
- Confusion
- Panic and anxiety
- Sleep disturbances
- Anger
- Poor concentration
- Intrusive thoughts/memories
- Lack of interest in activities

If you experience any of the above, know that it is a normal reaction. There is no one way to grieve and each person will experience it differently. It is also normal to worry about your own health and the health status of loved ones. It is important to acknowledge your thoughts and feelings about what has happened and what it means to you. Give yourself permission to grieve. Remember that everyone copes in different ways and what works for one person may not work for another.

## How to help yourself:

- Take time to remember the loved one that you lost
- Utilize technology to connect with family members or friends in a significant way, such as FaceTime, Zoom, or Skype
- Focus on things within your control
- Resist or delay making any major decisions/changes in your life right now
- Care for yourself physically, including your diet, exercise, and maintaining recommended health precautions
- Seek support from your family and friends to reduce feelings of isolation and loneliness
- Talk openly about your loss
- Speak with religious or spiritual advisors for support
- Utilize text or phone support lines found [here](#)
- Contact CAPS for a virtual appointment with a psychologist (518-442-5800, [consultation@albany.edu](mailto:consultation@albany.edu))

For more information on coping resources, please visit the [CAPS Website](#)



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