

# EMBRACE MENTAL WELLNESS NEWS

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## Grief and Grieving Ignored, Denied and Disapproved We Acknowledge Your Grief



Our heart goes out to all the families who have lost loved ones. Some of us have lost family members, friends, coworkers and many more to COVID-19 or unrelated causes during the COVID-19. We might not have been able to say our goodbyes.



### Death Related grief and loss

- Socially accepted
- Openly mourned
- Generally supported with empathy

### Collective grief and loss

- Large numbers of pandemic related deaths
- Racism and pervasive micro aggressions. Huge for everyone particularly people of color.

### Non death related grief and losses

- Might not be socially accepted
- Might not be openly mourned
- Might not receive support and empathy

Death is a challenge. It tells us not to waste time. It tells us to tell each other right now that we love each other. ~Leo Buscaglia

## Effects of Grief, Denied, Ignored or Disapproved

- Unhelpful coping (drink more, avoid others, self-medicate)
- Being more irritable
- Worry, anxiety, guilt, shame, anger
- Unhelpful assumptions (it's wrong to grieve, get over it).
- Physical symptoms (headaches, changes in appetite, and sleep).
- Spiritual symptoms (lack of faith, loss of hope, difficulty forgiving

## Some Common Losses

- Loss due to denied visitation
- Loss we feel when loved ones are dying alone because of distancing
- Loss of employment and financial stability
- Separation and divorce
- Unexpected retirement
- Loss of contact with others
- Loss due to denied visitation
- Loss we feel when loved ones are dying alone because of distancing
- Loss of traditions and family connectedness
- Loss of identity
- The list could go on.



## What To Do

- Take time to acknowledge your feelings
- Do what's necessary to grieve
- Be willing to acknowledge other's right to respond to their grief in their own way.
- Recognize that grief is uniquely personal
- Recognize grieving doesn't have a timeline and are personal.
- Have compassion for yourself and others.



If you are in need of support, please get in touch with a health care provider or a mental health provider. We all need each other. At Embrace Mental Wellness LLC Jumoke Omojola and Cara Snyder help adults, families and couples choose progress over perfection as they live happier and calmer lives.

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