

There is a lot of talk about Coronavirus, death and dying all around us at the moment. This can bring up difficult feelings and remind you of those who have died in the past, or worry about others that are suffering now.

There is power in connecting to other people during times of grief, which can help you cope with this feeling or anxiety around bereavement.

Here are some ideas to help you in coping with grief, bereavement and anxiety.

## How to cope with grief and anxiety

1. While you may feel alone (and in some cases people physically are) know that you don't have to be alone with your grief. Cruse Bereavement has a helpline you can call on **0808 808 1677** if you need someone to talk to.
2. You may find you have days when you have more energy and the grief isn't as consuming - this is normal. Some people can feel guilty when this happens, but there is no need. It is all a normal part of grieving.
3. Equally if you are really struggling that is also normal. You could reach out to others who might also be finding it difficult, as you may be able to help each other. Seek practical help from friends, family or neighbours.
4. At this time of uncertainty and fear many people may struggle more than usual, but you can help them just by being you. Being the friend, partner, colleague, or family member they love is all you need to be. Being present with someone in their grief is not easy, but it is one of the best gifts you can give to someone you care about.
5. Children and young people who have been bereaved or are facing the death of someone important will appreciate people acknowledging their particular concerns. Remember that you don't need to have all of the facts and answers.



6. Don't feel bad if you don't have the time or energy to perform at your best at home or at work. Your priority at the moment is to make sure that you are healthy, well and can cope during this difficult time.
7. Stay in contact more with people you know who are struggling. Ask whether they prefer phone, text or video call (if they have it). Let them talk about how they are feeling and about the person who has died – talking can be one of the most helpful things after someone dies.

## More information

If you need further information or support to cope with grief and anxiety during the Covid-19 pandemic, visit the following:

- [Hospice UK's Coronavirus guidance](#)
- [Coronavirus: dealing with bereavement and grief, by Cruse Bereavement](#)
- [Supporting children through coronavirus, by Winston's Wish](#)