



TALKING POINTS



Ep.17: Loving One Another Through Grief, Death, and Covid-19

I invite you to take a closer look at your experience with Covid-19 and with death and grief in general. Answer the following questions for yourself only or discuss these with family and friends.

Describe the death of a loved one. Who were they to you? How did they die? How long ago did they pass away? What emotions arise when you think of your loved one?

List five ways you are dealing with grief.

Describe what coping skills you have used in past crises. How are you relying on those same resources to help with loss and grief?

List five ways you help other people in order to refocus attention from your own pain.

www.communitygriefsupport.org