

## Dealing with Grief During Covid-19

**Disenfranchised grief** is a term that was coined by Dr. Ken Doka, a licensed mental health counselor and expert in grief. He defines disenfranchised grief as, "Grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, socially sanctioned or publicly mourned." [This list of examples](#) is long, but there is a danger for losses experienced in the time of Covid-19 to be disenfranchised. Whether because people are too busy to acknowledge what you might be feeling, or because they are feeling too much themselves to assist you.

**Anticipatory grief** refers to a feeling of grief occurring before an impending loss. Typically, the impending loss is the death of someone close due to illness, but you may be feeling it if someone you love is sick – or you're worried about them becoming sick while you're physically distanced from them. [Anticipatory grief can feel as big as regular grief](#).

Your feelings are valid, important, and real – and there are supports available for dealing with them. Sometimes learning that what you're feeling is grief and that it's normal can be helpful.

This guide was specifically developed to address concerns regarding grief during the Covid-19 pandemic. If you are struggling with legal or employment issues, childcare, housing or food insecurity, workers compensation, paying medical or utility bills, substance use disorders, mutual aid resources, or other concerns, check out this [Philadelphia Covid Resource Guide](#) or HATIWG's [Philly/PA Specific Covid-19 Mutual Aid Resources](#).

If you have a suggestion for this list, please email [phillydeathdoulas@gmail.com](mailto:phillydeathdoulas@gmail.com).

### Covid-19 Social Contact Restrictions

When You Can't Be with a Dying Family Member

<https://whatsyourgrief.com/cant-be-with-a-dying-family-member/>

10 Ideas for Funerals and Memorials When You Can't Be Together

<https://whatsyourgrief.com/funerals-when-you-cant-be-together/>

How to Livestream a Funeral or Memorial Service

<https://whatsyourgrief.com/how-to-live-stream-a-funeral/>

Order of the Good Death Covid-19 Toolkit: includes information on funerals & dying in absentia, burials & funerals under Covid-19, talking about death, etc. Resources in other languages.

[http://www.orderofthegooddeath.com/covid-19-toolkit?fbclid=IwAR1OpYfVeRie-h0szSxlcRNoVcTVdUjVjlvVY-K-hhL0hoBbC\\_rKzhazDMo](http://www.orderofthegooddeath.com/covid-19-toolkit?fbclid=IwAR1OpYfVeRie-h0szSxlcRNoVcTVdUjVjlvVY-K-hhL0hoBbC_rKzhazDMo)

Funerals & End of Life Planning

[http://www.orderofthegooddeath.com/resources/funeral-end-life-planning?fbclid=IwAR0GQwsZyF5Utdatt9fd\\_YB24bsKBv7MkXDO8RhIzy48RF89vmfv\\_nXZOM0](http://www.orderofthegooddeath.com/resources/funeral-end-life-planning?fbclid=IwAR0GQwsZyF5Utdatt9fd_YB24bsKBv7MkXDO8RhIzy48RF89vmfv_nXZOM0)

Jewish Grief and Mourning during the Covid-19 Coronavirus Pandemic

<https://www.shiva.com/learning-center/coping/jewish-grief-and-mourning-during-the-covid-19-coronavirus-pandemic/>

Pandemic Resources for Families Facing End of Life

[https://www.homefuneralalliance.org/pandemic-resources.html?fbclid=IwAR3QMzi\\_RnsZKjuRZ9q89-ieX2oURO1Bbyes9oyVOIY241zDsj6XwTPdKR8](https://www.homefuneralalliance.org/pandemic-resources.html?fbclid=IwAR3QMzi_RnsZKjuRZ9q89-ieX2oURO1Bbyes9oyVOIY241zDsj6XwTPdKR8)

Death in the Time of Pandemic

[https://www.oregonfuneral.org/pandemic\\_care\\_guide.html?fbclid=IwAR3lwdpy3mbdnxgtG49W D5hL2RN9zdZaFgG-6OqLHTdDRanF9qqPhNrO59w](https://www.oregonfuneral.org/pandemic_care_guide.html?fbclid=IwAR3lwdpy3mbdnxgtG49W D5hL2RN9zdZaFgG-6OqLHTdDRanF9qqPhNrO59w)

Dying at Home During a Pandemic

<https://asacredpassing.org/resources?fbclid=IwAR15iNZSZQSLNHmkqVM4GUJoNpipdnEvpv1C4rf3RW3Tpgq2t1--MKXE5R8>

## **Children's Grief & Covid-19**

Covid-19 Grief Resources for Children

<https://childrengrieve.org/about-us/news/208-covid-19>

The Dougy Center School & Community Toolkit

[https://www.tdcschooltoolkit.org/covid-19-resources?fbclid=IwAR1QUH8eM-3Vn5fEjZDM0MHskjRhxxvw\\_FbJBiflhy5h61yL01naAaYexuzQ](https://www.tdcschooltoolkit.org/covid-19-resources?fbclid=IwAR1QUH8eM-3Vn5fEjZDM0MHskjRhxxvw_FbJBiflhy5h61yL01naAaYexuzQ)

Grief Out Loud – Dougy Center for Grieving Children Podcast, Episode 139

<https://www.dougy.org/grief-resources/grief-out-loud-podcast/>

## **Pre-existing and Re-arising Grief**

Reasons Your Grief Feels Worse Right Now

<https://whatsyourgrief.com/crisis-grief-feels-worse/>

Please Don't Minimize the Death of Older Adults

<https://whatsyourgrief.com/please-dont-minimize-the-death-of-older-adults/>

Grieving the Death of an Elderly Loved One

<https://whatsyourgrief.com/grieving-the-death-of-an-elderly-loved-one/>

Refuge In Grief: Life Gone Sideways?

<https://www.refugeingrief.com/life-gone-sideways/>

That Discomfort You're Feeling Is Grief

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR2e3uzXwy8S3Rk8lo8k-CdpzuEieG1Ek-lkqg-rSPNdyWZuT59XWApuTE>

There Are No Five Stages of Grief

<https://www.nytimes.com/2019/02/28/style/self-care/there-are-no-five-stages-of-grief.html>

Grief, Covid-19, and Missing My Person – Am I Normal?

<https://www.refugeingrief.com/2020/03/25/grief-covid-19-and-missing-my-person-am-i-normal/>

Trouble Focusing? Not Sleeping? You May Be Grieving

<https://www.nytimes.com/2020/04/09/opinion/sunday/coronavirus-grief-mental-health.html>

What the Newly Bereaved Should Know

<https://whatsyourgrief.com/what-the-newly-bereaved-should-know/>

## **General Grief and Mental Health Support**

Grief Over Cancelled Milestones is Real; Here's How to Cope

<https://thriveglobal.com/stories/grief-canceled-milestones-events-coronavirus-wedding-graduation-celebrate-new-ways/?fbclid=IwAR26vQIPirIvhgJNSfTc3zP16pfG8HmQ7m2HEVm8m7cfjVnzkeOLxgnSzFs>

Taking Care of Your Mental Health During Coronavirus

<https://whatsyourgrief.com/mental-health-and-coronavirus/>

Talking About Death During Covid-19

[http://www.orderofthegooddeath.com/talking-about-death-during-covid-19?fbclid=IwAR3YahZjOWj1XZJaiPGWLBRAr\\_01VsFVB79qyFG3PSBJP43zne8ssIVgdg](http://www.orderofthegooddeath.com/talking-about-death-during-covid-19?fbclid=IwAR3YahZjOWj1XZJaiPGWLBRAr_01VsFVB79qyFG3PSBJP43zne8ssIVgdg)

Opinion: It's Time to Talk About Death

[https://www.nytimes.com/2020/03/27/opinion/covid-end-of-life.html?fbclid=IwAR3N0sP3LbiDfCM4gfEDVrizlUi7UOzATA\\_4d0eQqOcwmZXqGy5zdhETWDQ](https://www.nytimes.com/2020/03/27/opinion/covid-end-of-life.html?fbclid=IwAR3N0sP3LbiDfCM4gfEDVrizlUi7UOzATA_4d0eQqOcwmZXqGy5zdhETWDQ)

How to Support a Grieving Friend

<https://www.refugeingrief.com/helper-overview/>

Complete Your Advanced Care Directives

<https://getyourshitttogether.org/checklist/>

<https://theconversationproject.org/>

How to Make Your Estate Plan During the Coronavirus Pandemic

[https://www.npr.org/2020/03/28/823071317/how-to-make-your-estate-plan-amid-the-coronavirus-pandemic?fbclid=IwAR35qBkmPv\\_x5nvStmCXl4v16ICHcc1t6S5r2BTSYkqWRAr9Au0GAO9xvnU](https://www.npr.org/2020/03/28/823071317/how-to-make-your-estate-plan-amid-the-coronavirus-pandemic?fbclid=IwAR35qBkmPv_x5nvStmCXl4v16ICHcc1t6S5r2BTSYkqWRAr9Au0GAO9xvnU)

Mental Health and Coping During Covid-19

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

Dear Therapist's Guide to Emotional Health In a Pandemic

<https://www.theatlantic.com/family/archive/2020/03/a-therapists-guide-to-emotional-health-in-a-pandemic/608161/>

Grief Relief Coaching & Counseling - Healing Concepts, LLC

<https://www.healingconceptsllc.com/grief-loss-counseling-coaching>

Writing Your Grief E-Course & Community

<https://refugeingrief.com/writing-your-grief/>

Covid Grief Network - free short-term grief support with a volunteer grief worker for griever's in their 20s and 30s

<https://www.covidgriefnetwork.org/>

## **Recommended Long Form Reading**

It's Ok That You're Not Ok - Megan Devine

<https://www.refugeingrief.com/book/>

The Wild Edge of Sorrow - Frances Weller

<https://www.francisweller.net/the-wild-edge-of-sorrow-the-sacred-work-of-grief.html>

Rebellious Mourning - Cindy Milstein (ed.)

<https://www.akpress.org/rebellious-mourning.html>