



HORIZON GRIEF RESOURCE CENTER

SELF CARE NEWSLETTER

GRIEF DURING A PANDEMIC

Dr. Therese A. Rando & Dr. Kenneth J. Doka, experts in the field of grief & loss, have a three-part series on Coping with Loss in a Pandemic on YouTube. Whether you lost a loved one during this time, are continuing to grieve during this time, or have lost other things (such as a job) during the pandemic, there are valuable tools and insight to be gained by listening to this series.



LOSS & TRAUMA

Part one of the series focuses on the losses and traumas that are present to us during the pandemic.

https://www.youtube.com/watch?v=x_N44v5vvD4

12 COPING STRATEGIES

Part two of the series focuses on specific steps you can take to cope with loss during this time.

https://www.youtube.com/watch?v=OJ_avzzAwcl

LOSS OVER TIME

Part three of the series focuses on how to move forward with your loss after the pandemic and into the future.

<https://www.youtube.com/watch?v=rnCH5rIU7PI>