

Academy Health and Wellness

For many, the holidays bring joy, cheer, and happiness. But, for others the holidays can bring stress and depression. This year due to the pandemic, there may be added stressors. This past year has been filled with all kinds of loss. COVID 19 may have caused the unexpected loss of a loved one, the change from what was the “norm” of daily living and feelings of isolation. All of these situations can bring about grief and sorrow.

As the pandemic continues our grief piles up. This causes us to be in chronic stress. We may feel fatigued, overwhelmed, irritable, have trouble sleeping, and more. This can cause our immune system to be weakened, something that we absolutely do not need to happen during a pandemic.

Everyone is feeling stress and loss from the pandemic. This includes our children. They experience grief after the loss of a loved one, routine, friendship and feeling safe. Children may be experiencing grief for the first time due to COVID 19. It is important for parents and caregivers to know how to recognize grief in their children and to support them.

To better help your child you need to be able to identify the are 5 stages of grief: Denial, Anger, Bargaining, Depression and Acceptance.

In order to support your child, understand grief can come in waves. Listen to your child and let them show their emotions. Encourage coping skills. Practice self-care and ask for help when you need it. Continue your family routines but also now is the time to make new ones. This should include making new memories and family traditions during this holiday season.

Below are a few websites that may be of help.

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

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

Merry Christmas and a Blessed New Year!

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