

Grief Support during Isolation ¹

Grieving is hard work. Grieving while also living with the impact of a global health crisis is even harder work. During this time of required isolation, many grieverers are separated from their usual forms of emotional support. During this uncertain time, people who are grieving may experience a resurgence of intense grief. Higher levels of anxiety, the resurgence or introduction of depression, low levels of energy, and a sharp increase in the missing of their loved one are common as grieverers navigate the current challenges.

Reminders of those early days can be painful and scary but can also highlight some truths upon which we can lean right now. The life-altering experience of outliving a spouse or partner has changed us individually, and collectively.

- We have lived with and through uncertainty, grief, and tragedy.
- We have learned things we didn't want to learn, and we have faced challenges we never wanted to face.
- We have lived with painful good-byes that led to the discovery of the truly eternal nature of love.
- We have worked to rebuild our lives and rediscover ourselves, often more than once.
- We have leaned on people we've never met, turning strangers into friends.
- We have witnessed each other's pain and honored each other's love.
- We have stood up again and again after being knocked down by adversity, both individually and collectively.
- We have learned that there is strength, power and hope woven through our connection to each other, and to the people we love.

Widowed Friends is here for you, and for every one of the widowed men and women who have and will need our community in the days ahead. We are in this together, and our shared connection will continue to empower, inspire and support us through the days ahead.

Resilience is built one small step at a time. Lean into the lessons your grief has already taught you and know that you are not alone. We are in this together.

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