

Bereavement During a Pandemic for Self-Advocates

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In summary, the Self-Advocate can support individuals with bereavement during a pandemic. Self-Advocates gain an understanding of bereavement and grief; of losses during a pandemic; of the four tasks of mourning; of unique expressions of grief; and how to offer support to individuals.

KEY TAKEAWAYS

- Support the individual experiencing grief by giving them the opportunity to talk about their loved one. Its important not to change the subject
- As you are supporting the individual, its important to be aware of your personal views and be carefully not to impose them.

- <https://www.mayoclinic.org/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374>

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