

## Bereavement During a Pandemic

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In summary, individuals bereave differently during a pandemic. Through the webinar individuals gain an understanding of grief and bereavement; of losses during a pandemic; of the four tasks of mourning; and of unique expressions of grief.

### KEY TAKEAWAYS

- Grief is an a natural and common response to loss that promotes healing and growth
- Grief is an individual experience composed of emotional, physical, psychological, spiritual, and behavioral responses
- Grief is not an illness, maladaptive behavior, or a sign of weakness

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

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