COVID Grief: Protective Factors & the Impact of the Pandemic

- **Author** - Custom Resource by the Eluna Team

Having claimed over 1,000,000 lives in the US and counting, the devastating COVID pandemic continues to ripple through society. In addition to the tragic loss of life, COVID significantly disrupted the ways in which many of us process and grieve. Although we are slowly stepping back into traditional routines & rituals, we continue to hear from children and families about the lasting impacts of the pandemic. Therefore, the Eluna Resource Center and Eluna's Bereavement Team recognized a need to explore traditional grief protective factors, how they have been impacted by the COVID pandemic, and strategies while facing grief due to a COVID-related death.

In this article you will find an in-depth look at the following protective factors, how they have shifted, and strategies for navigating grief in the pandemic. You can access the **full comprehensive resource here** or you can click on any link below to view one section at a time.

- End-of Life Caregiving
- Communication with Family & Healthcare Team
- Human Connection
- Memorializing & Grief Rituals
- Spirituality & Religion
- Healthy Living
- Social Support & Acceptance
- Structure & Routine
- Access to Mental Health & Grief Support Services

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Click here for the full resource