Postcard Pointers: COVID Grief

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

When responding to youth impacted by COVID grief there is often a series of complex factors contributing to these moments of human connection & support. As a caregiver, frontline worker, support professional, or camp partner - we recognize the need for resources that can be easily referenced and shared. Designed by Eluna's diligent programmatic teams, we are proud to present these pocket-size postcard pointers with top tips from the field of bereavement support.

You are welcome to [print](#) the COVID Grief postcard pointers and distribute freely or you can purchase a set of pre-printed postcards from Eluna to be shipped directly to you or a community organization.

**COVID GRIEF**

**Pointers:**

- Reassure youth that it isn't their fault & they are not alone
- Create safe spaces where COVID loss can be fully embraced without minimizing comments or theories about the cause of death. “We often have strong feelings when someone dies, and we welcome ALL feelings here without judgment. We fully support you and the loss of your ______ to COVID.”
- Hold space for quiet moments and activities that bring joy
- Consider [Camp Erin Family Camps for COVID Loss](#)
- Welcome questions, concerns, & LISTEN! LISTEN! LISTEN!

**Things to avoid:**

- Empty reassurances, such as "All things happen for a reason" or "It's going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all COVID grief is the same - let youth share personal experiences
- Questions that produce judgment, especially related to mask wearing, vaccines, preexisting conditions or the origin of the virus
To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center: sarahbehm@elunanetwork.org (206) 466-3998

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