



As we navigate the new normal and reshape our lives, it can be difficult to process what is happening each day. Our concerns and emotions may feel hard to identify, much less manage. Our lives have changed drastically, and with that can come a sense of loss for what we knew.

While traditionally the feelings of grief are usually paired with the loss of a loved one, **we can have feelings of grief when we have any type of loss.** The stages or feelings of grief do not occur linearly, and there are many manifestations.

Acknowledging how you feel is one of the first steps to healing. [Learn more about how the coronavirus has generated more feelings of loss and ways to navigate the grief.](#)

We know that things are different now and will be different in the days to come. Teens and young adults may be experiencing grief associated with not only losing a loved one during this time but also:

- The loss of seeing their friends and loved ones
- Major changes in the way they expected the spring to go and missing out on spring events
- The loss of graduation and celebrations
- The loss of career opportunities
- The loss of what their day to day looked like and felt like

Even though the situation is open-ended, it is temporary. By recognizing and understanding the signs of grief in ourselves and each other, we can support one another. For more insight on the grief we may be feeling, how to manage it, and the meaning we can find in it, [check out this interview with David Kessler, an expert on grief.](#)

Kessler recommends several ways of managing grief:

- Find balance in the things you are thinking.
- Come into the present moment.
- Let go of what you can't control.
- Exercise an abundance of compassion.

Here are more resources on supporting ourselves and each other through grief:

- The Child Mind Institute's [guide](#) for helping children cope with trauma
- Lifeline's [tool kit](#) for coping with sorrow, loss, and grief
- Health Care Toolbox's [resource](#) for helping your child cope during COVID-19
- [Article](#) by the American Psychological Association on grief and COVID-19
- CDC's [recommendations](#) for coping with stress during outbreaks

If you are feeling loss and grief right now, you are not alone. Acknowledging how we feel can help us begin to accept change. Seeking support can start the healing process. **Don't forget the power of reaching out and connecting with someone you can talk to as well as mental health professionals who are able to help you through this.**

Take care,
The JED Team

.....
Find more information and resources at jedfoundation.org/help.

In US, if you or someone you know needs help immediately, text "START" to 741-741, call 1-800-273-TALK (8255), dial 911, or go to the nearest emergency room. In China, please call 400-161-9995 for the 24/7 Hope Hotline or go to the nearest emergency room. Please contact caps@dukekunshan.edu.cn for counseling appointment.