



Recognize and Validate Grief

Everyone around us is experiencing some form of loss right now. The many difficult emotions you may be experiencing – sadness, disappointment, anger, guilt, frustration, or loneliness – are normal responses to abnormal conditions. We are grieving; and with grief, it is important to take a compassionate approach to ourselves and those around us.

How can I practice self-compassion?

- **Recognize and name the emotions you are experiencing.** Check in with yourself, just like you would for a friend. Give yourself permission to feel your feelings, whatever they may be.
- **Guilt, especially survivor's guilt, is common during a widespread crisis, but it is not productive.** Try to let it go.
- Practice self-kindness. Treat yourself the way you would treat a friend! **Kindness and compassion toward yourself is never selfish;** in fact, it will help you maintain strength and resilience, ultimately enabling you to be a more effective support for others.
- **Recognize the common humanity around you.** We are all in this together. Many people around the world are having the same kinds of experiences, thoughts, and feelings as you.

Resources

To practice a guided loving-kindness meditation:

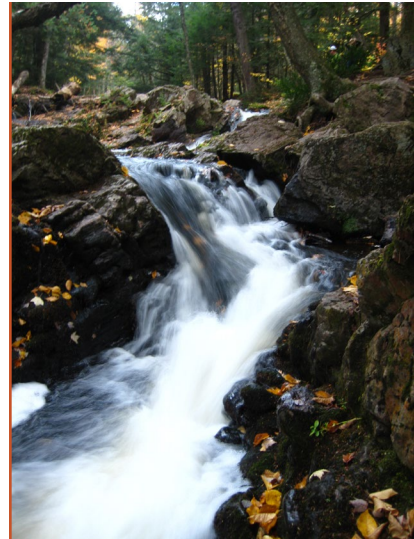
- [Loving Kindness Meditation](#)

Top recommended reading:

- [That Discomfort You're Feeling Is Grief](#), Harvard Business Review

More resources on recognizing and validating grief:

- [Grieving the Losses of Coronavirus](#), New York Times
- [Exercises to Aid in Practicing Self-Compassion](#)
- [Self-Compassion Break](#), 5 minutes
- [Be Kind to Yourself – Right Now](#), instructions for a loving-kindness practice



“He had to keep her calm, keep himself calm; panic, he knew, could spread between two people more quickly than any virus.”

- Anthony Marra, A Constellation of Vital Phenomena