



# COPING WITH GRIEF DURING COVID-19

**YOUR VACCINE  
IS WAITING  
FOR YOU.**



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I WANT TO THANK YOU FOR BEING HERE. I KNOW EVERYONE IS LIVING IN A DIFFICULT SITUATION.

IT HAS BEEN A VERY DIFFICULT YEAR, MY HUSBAND AND I LOST OUR SON.



I CAN IMAGINE HOW DIFFICULT IT CAN BE FOR ALL OF US. THERE ARE MANY WAYS THAT PEOPLE CAN HELP EACH OTHER, ONE OF THEM IS A HUG.

I DON'T THINK IT'S FAIR WHAT HAPPENED.



WHEN LIFE CONFRONTS US WITH SITUATIONS OF LOSS, PERHAPS AT THAT MOMENT WE DO NOT UNDERSTAND WHY. BUT I KNOW THAT EVEN WHEN WE DO NOT FIND AN ANSWER, WE HAVE THE RESPONSIBILITY TO TAKE CARE OF OURSELVES AND LOVE EACH OTHER WHILE WE ARE HERE ON EARTH. IF WE LEARN TO HUG EACH OTHER WE CAN UNDERSTAND THAT DESPITE THIS PAIN, THERE IS ALSO HOPE.

THE TRUTH IS THAT I NEED A HUG RIGHT NOW, HOWEVER I AM VERY AFRAID OF THE PANDEMIC AND TRANSMITTING THE VIRUS TO OTHERS.



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