

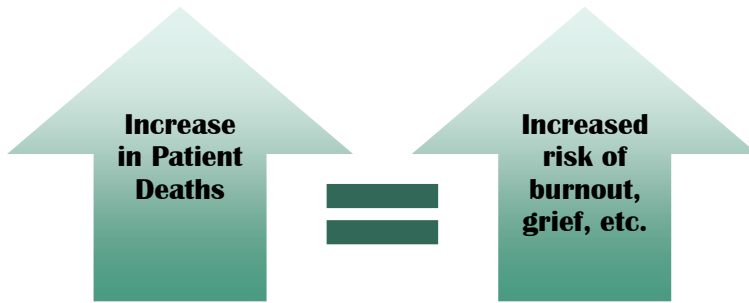


# Reach for Resilience

Helpline for  
ND Healthcare Workers  
Call us at:  
701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

## Grief and Patient Deaths during COVID-19



Healthcare workers experience a surge in deaths caused by COVID-19, and **bereavement overload** can impair their health.

Frontline healthcare workers are experiencing **psychological and physical symptoms of grief** in response to patient suffering and death.

(Zhai & Du, 2020)

### Focus On What You Can Control

- Identify what is in your control.
- Acknowledge grief as it happens.
- Schedule time to grieve.
- Write down your thoughts.

### Prioritize Basic Needs

- Sleep
- Physical Activity
- Nutrition
- Hygiene

### Resources

**FirstLink (2-1-1)** is a free, confidential service available to anyone in North Dakota (24 hours a day) for listening and support, referrals to resources – including local support groups

**Collective Grief podcast** (3 min)  
Scan QR code to listen



### Symptoms of Grief:

- Numbness/Disbelief
- Lack of concentration
- Memory Lapses
- Increased alcohol or other substance use
- Fatigue
- Sleep disturbances
- Irritability/Anger
- Anxiety and/or Depression
- Social Isolation
- Sadness
- Changing in eating habits
- Headaches
- Guilt or shame
- Preoccupation with circumstances of the death

