

5 tips to cope with grief during COVID

MALI BELLA FOUNDATION

Intro:

My name is Sejal Megill. I lost my daughter, Mali Bella when she was just a baby. That was the most debilitating time of my life, I didn't know how I was going to survive. Luckily, I met other mothers who were going through the same thing, and having someone who knew how I felt was comforting, We shared our stories, our tears, and our strength. Noticing there was a lack of support, specifically for parents who had lost a child, turning my pain into purpose, Mali Bella Foundation arose. My mission is to provide hope, healing and support to bereaved families. I will always continue to honor my sweet Mali and I hope to be able to help you do the same. Much Love, Sejal

Accept the waves of grief.

Grief is a complicated cycle of ups and downs, and you never know when you're going to feel either. The best approach is to allow yourself time to feel those feelings. I notice after a good cry, I usually feel a little better. It helps to process all of the emotions running through your head and gives them an escape. To this day, 11 years since my daughter passed, I get hit by waves of grief. I have accept it, and I take the time to feel whatever it is that I'm feeling, usually its crying. After all, they were our babies, how can we not miss them and long for them?

Be kind to yourself.

Everyone has a different process of grieving, there is no wrong way or right way. Please don't judge yourself for how you're grieving or for "not keeping it together. No one else should make you feel differently. I have cried at all sorts of places, especially the first couple of years. There were trigger questions, like how many kids do you have? And, before I could say a word, tears would just start flowing out of my eyes, at birthday parties, grocery stores, you name it- I probably cried there. So, what I'm trying to say is go easy on yourself mama.

Reach out for support.

Its important to stay in touch with your friends and family, especially during COVID. Connect with your support system using technology, even when you may be tempted to shut everyone out. Consider joining an online support group, like us! :) Another option, is to make a virtual appointment with a grief counselor. The main takeaway is that, grief can be isolating under normal circumstances, but COVID and social distancing adds another layer to this difficult journey. A very pertinent part of healing is having the comfort of others around you, and though you may not be able to receive a warm embrace right now, your support system including us are here for you.

Keep structure to your day.

Again, this is difficult during normal circumstances, and even more during COVID. Take time to shower and dress, even though you may not leave the house. Also, schedule time to eat. When I lost Mali, I would forget to eat because I wouldn't feel hungry. I would suggest having friends/family remind you or set a reminder on your calendar.

Get creative.

Use this time to get creative. When Mali was in her final week of ICU, I found scrapbooking as a helpful outlet to channel my love and feelings. I couldn't be still, not without her. I couldn't think about anything, but her. This may be a good time to channel your love into writing in a journal, or writing a poem, scrapbooking, creating a photo book, planting a tree or flowers, or sew a blanket out of their clothes. Another option is to include friends and family and planning a virtual celebration of life, where everyone can gather to share photos, and memories.

www.malibellafoundation.org | malibellafoundation@gmail.com | [@malibellafoundation](https://www.instagram.com/malibellafoundation)- Instagram/ FB

