



*Tangram*

# Working with Grief in Tele-Counselling

## SYMPTOMS OBSERVED DURING COVID-19

- **Physical** (Breathing difficulty, Chest tightness etc)
- **Psychological** (Loneliness, anxiety etc)
- **Cognitive** (Forgetfulness, Neg. thoughts)
- **Behavioural** (Sleep disturbances, isolation)

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## GRIEF DURING COVID

- **BEREAVEMENT**
- **MOURNING**
- **PRE-LOSS OR  
ANTICIPATORY  
GRIEF**

## DEAL WITH GRIEF

- **Acknowledge the pain**
- **Be aware of our own feelings**
- **Ask permission to continue the call**
- **Follow the client's lead in what they want to discuss**
- **Acknowledge and validate feelings of anger and helplessness**
- **Normalize their feelings of grief**
- **Conduct a brief risk assessment**

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