

**PFA for COVID-19 training**

**Loss and grief**

**Worksheet**

Complete the activities below when instructed to do so during the training on loss and grief during COVID-19.

**Activity 1**

Discuss and list the different types of losses people can experience in their lifetime.

**Activity 2**

What types of reactions do people have when facing significant loss?

**Activity 3**

Discuss and list the different types of loss faced during COVID-19.

**Activity 4**

Discuss and list which factors could complicate grief during COVID-19.

**Activity 5**

Listen to the case study and discuss different ways support can be provided to those who have lost loved ones to COVID-19.