**Source: Psychology Today**

**Necessary Self Care During COVID: Working Through Loss**

[What our losses really look like during COVID-19 — both big and small.](http://www.psychologytoday.com/us/blog/deviced/202003/necessary-self-care-during-covid-working-through-loss)

**Categories of Loss**

****Object Loss:**** Losing tangible things involves its own kind of grief. When a home is lost to foreclosure or fire, feelings of insecurity often result. Similar feelings are raised with loss by theft or accident of any number of objects to which we are attached.

The loss of money and financial stability also fits here. These losses are often very personal and are often minimized by others. Remember what it was like to lose a beloved toy as a child and you’ll know what I mean.

During the time of COVID-19, object loss means:

* Loss of income and financial security
* The threat of losing one's home (for those who are losing jobs)
* Loss of physical vocational or educational spaces to work within
* Loss of ability to procure desired objects easily
* Loss of autonomy in our objective spaces (if we work from home and now have others in our space)

****Relational Loss:**** These losses are the kinds we identify most traditionally with grief. The death of those we love fits here, as do losses related to separations and/or divorces in [romantic relationships](https://www.psychologytoday.com/us/basics/relationships) or friendships.

During the time of COVID-19, relational loss means:

* Emotional distance in relationships due to increased physical separation
* [Fear of death](https://www.psychologytoday.com/us/basics/terror-management-theory) (of self or others)
* The actual death of loved ones related to the virus

****Role/****[****Identity****](https://www.psychologytoday.com/us/basics/identity) ****Loss:**** Losses that fit here are those related to ways in which we identify ourselves. Seeing ourselves as healthy, fit, or a part of a specific community are examples. Titles that help us clarify our role in our communities also fall into this category. By this, I mean helpers, leaders, on-the-ground-get-things-done-ers, and all the roles needed to keep life going.

Roles related to professional and family life are also relevant. Even the idea of being a free and independent person is core to our sense of identity. Losses in this realm are often deeply felt and frequently go unacknowledged.

During the time of COVID-19, role/identity loss means:

* Reduction of our scope of influence down to what can be achieved from home or technological means due to sheltering in place, thereby changing our sense of identity and some of our placeholder roles in the community
* Loss of independence and freedom in how one’s time is spent
* A threat to ones’ identity (for those who have not yet come to terms with their mortality, which the virus brings [attention](https://www.psychologytoday.com/us/basics/attention) to)
* Loss of any feelings of security that were based on wealth or position

****Physical Loss:**** When we experience a change to what our bodies can or cannot do, we experience a unique form of grief. When others respond to these changes with pity or infantilizing behaviors we often stuff or deny our sense of loss, scrambling to compensate and find [confidence](https://www.psychologytoday.com/us/basics/confidence) in the capabilities that remain. This actually hurts us deeply. We need to feel and work with our feelings of limitations in order to move to a place of strength.

During the time of COVID-19, physical loss means:

* A decrease in options for moving about physically in the world
* An increase in awareness of physical symptoms related to breathing
* The possible introduction of panic symptoms in response to ambient [anxiety](https://www.psychologytoday.com/us/basics/anxiety) (loss of control of physical manifestations of emotions)
* A real fear of death

****Deeply Personal (and Often Invisible) Loss:**** This category includes everything from the loss of security to the loss of control. It also includes the loss of [dreams](https://www.psychologytoday.com/us/basics/dreaming) and wishes. Losses relating to events we’ve been planning, or experiences we’ve been looking forward to, fall into this domain as well.

During the time of COVID-19, personal loss means:

* A major disruption of personal plans and experiences
* Actual losses of plans and experiences that can’t be rescheduled (e.g: final semesters of senior years, baby deliveries without partners, etc),
* A major shift in autonomy and personal agency in moving about in the world
* Loss of the idea that we are invincible
* Loss of the (false but commonly held) belief that we can control our lives and surroundings