

Understanding and Managing Collective Grief

When someone in the public eye dies, it is natural that it might trigger emotions and memories of loss that you've experienced in your own life.

You don't have to personally know someone to feel the impact of their death. Any emotions that you are experiencing are valid and it's important to let yourself feel the impact of the loss.

If you are struggling with the impact of recent events, here are some tips that might help you:



1. Acknowledge your emotions. When a public figure dies, the rush of information and opinions from the media can be a lot to process. Acknowledging what your personal reaction is to this news is key to being able to respond in a way that is helpful to you.



2. Choose your exposure to media. If you find watching the news or social media overwhelming, try to reduce your exposure for a few days.



3. Know there is no right way to feel. When we are experiencing the loss of a public figure, it is possible that you might feel a lot of different feelings, including guilt at experiencing any grief, or even numbness if you are finding the coverage overwhelming. Just because we didn't know the person on an intimate level, any emotion is valid in a time like this.



4. Find someone to talk to. When we share our experiences and reactions to significant events, it can help us to process them.



5. Engage in activities that are soothing to you. This could include some gentle exercise, listening to calming music or perhaps taking a walk in nature.



6. Find a way to remember that person. You can commemorate a person in many ways that align with your values - planting a tree or flower bulb, revisiting some important moments, taking part in community activities to celebrate their life, or even having some quiet time to reflect.

It is important to remember that collective grief is possible because of our ability to experience empathy, which helps us bond as humans. Experiencing this empathy in the form of collective grief is natural, but it's important that you are able to take care of yourself in the process.