



Kyla (R) with Bea (centre) and their Mum

We have lost so much

By Kyla Preston

I feel that the last month have been so triggering and bringing up a lot of old feelings in early grief. We have lost so much. Loss of connection. Loss of normality. Loss of control. Loss of predictability. Loss of understanding. Loss of safety. Loss of the future we imagined. Which has already happened to us who have lost our person; it brings back all those early feels for me again.

Those feelings are familiar to us, we know we can survive this. But the one thing that is utterly painful is that we won't get to see our siblings when all this is over. That is hard to stomach. Friends and family missing one another at the moment, will get to embrace each other in weeks or months to come. But we won't.

I also have one massive trigger during this time; people dying alone. My sister suddenly died alone in her hospital bed with no one to hold her hand and give her comfort. The talk about people dying alone in hospital with covid is a massive trigger. It makes me think about those last minutes again, did she know? Was she scared? Was she in pain? Did she try get help? All of those unknowns are so painful.

It's also so hard being separated from my family, especially my nephew. It's the longest time I've been apart from my nephew since Bea died, and I miss him beyond words. I want time to stop so I don't miss him growing. My connection to Bea is also on hold and it isn't fair, feels like losing her all over again.