While all of us may not actually be in the same boat, we are likely all feeling what is called Ambiguous Loss, which is a different type of grief than what one experiences when someone has died. Ambiguous Loss happens when someone or something disappears or changes profoundly. It is possible that one could not even be so sure what it is that was lost, resulting in feeling conflicted between the hope for a return of normalcy and the sense that life as you knew it is slipping through your fingers like sand on a beach.

This loss can be exacerbated by having increased alone time—especially for those grieving previous losses, such as the death of a loved one—and might manifest in having a sense of isolation or loneliness, which is a normal response right now.

Isolation can be an external or internal phenomenon, however loneliness is an internal feeling that does not necessarily hinge on the presence or absence of others. Perhaps loneliness is a reflection of our interpretation of alone time, which can lead us to feel disconnected from ourselves and others and may threaten our sense of wellbeing.