



Coping Through COVID, Part 6

Beth Reynolds Lewis

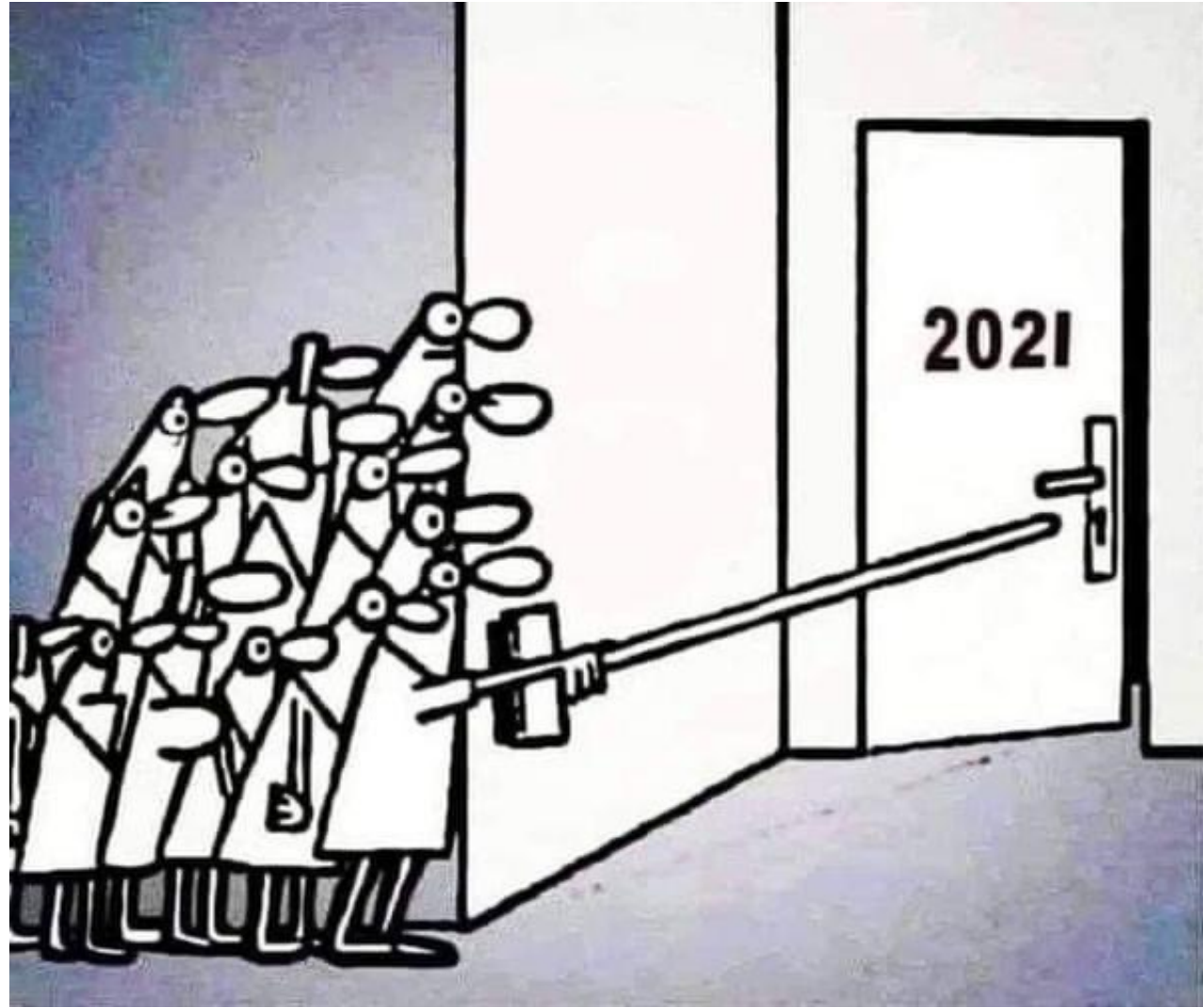
&

Kay Glidden, Compassion Resiliency





Welcome! We are coming to you from our homes in Florida and Nebraska...



COME ON INNER PEACE



fb/david avocado wolfe

I DON'T HAVE ALL DAY

Meditation

THE HEAVIEST BURDENS
WE CARRY ARE THE
THOUGHTS INSIDE OF
OUR HEAD

DO



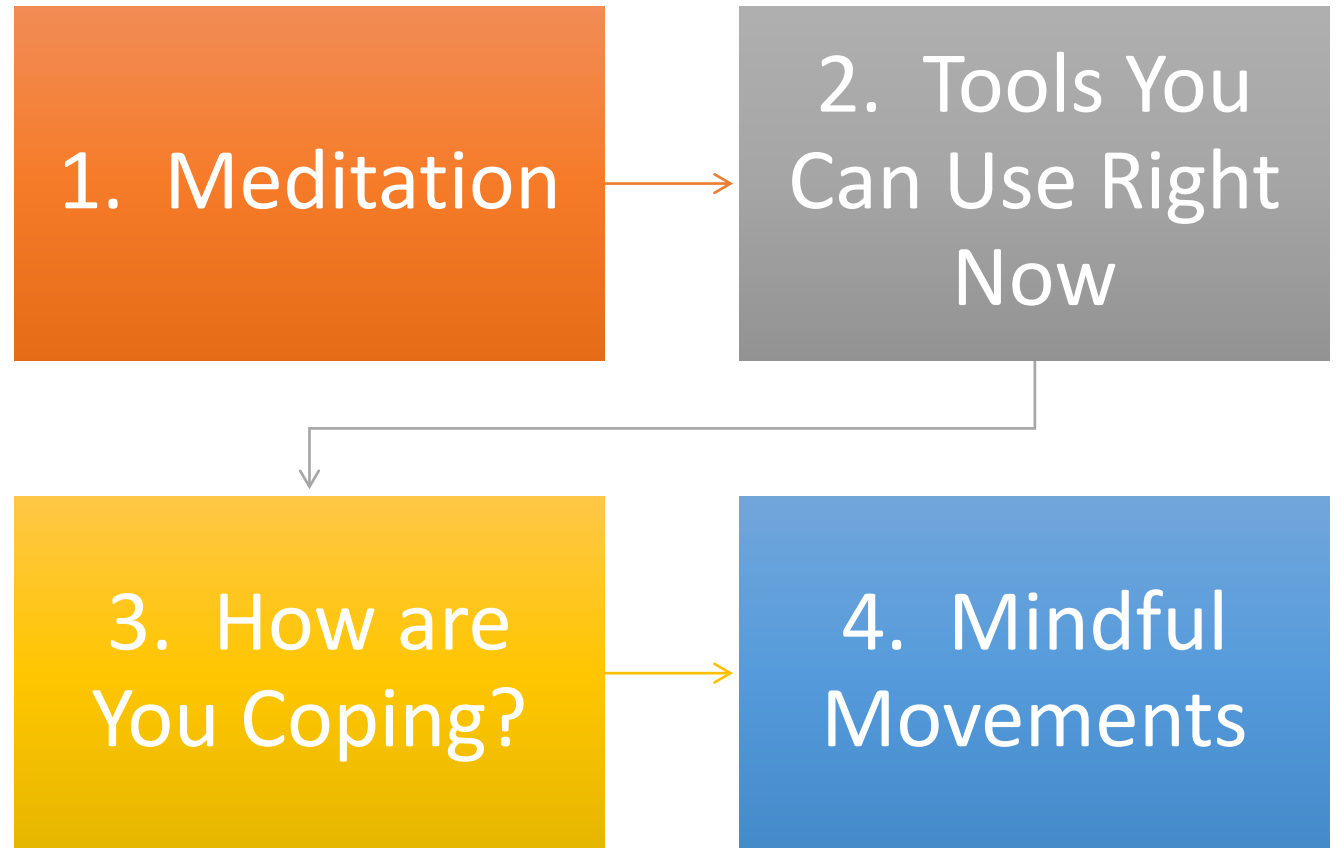
*Always fill your
own cup first*

AND ALLOW THE WORLD TO BENEFIT FROM
THE OVERFLOW



DON'T

Agenda



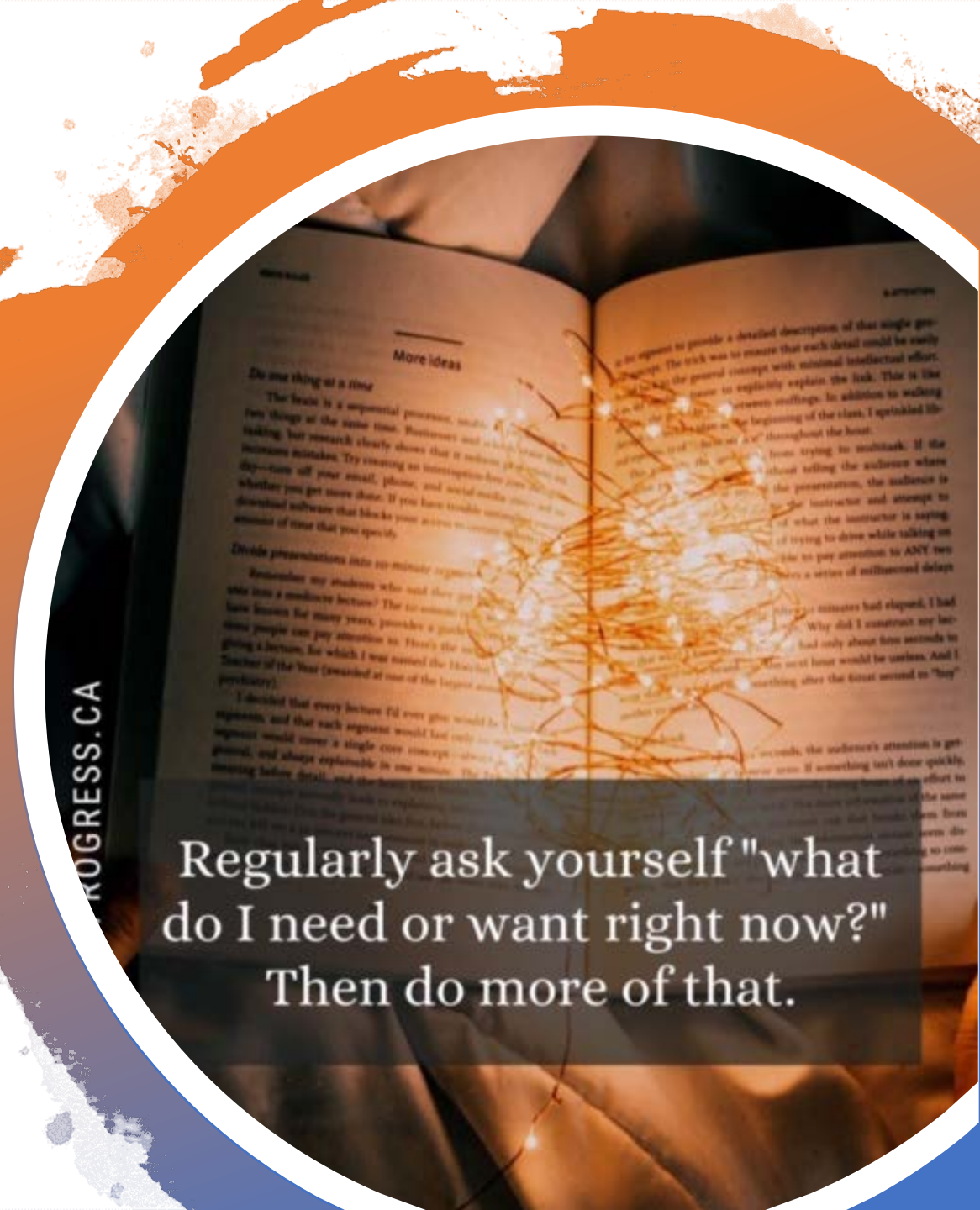


GOAL:

To build on our current capacity for resilience and expand on it.

The Big Picture

- Recognize that Self-Care is a Continuing Practice.
- Choose a Practice to Use For the Week.
- Commit to the Practice.
- If you Develop a Regular Practice, Your Resilience Will Increase.



PROGRESS.CA

Regularly ask yourself "what do I need or want right now?"
Then do more of that.



National Disaster Distress Helpline

Available to anyone
experiencing
emotional distress
related to COVID-19

1-800-985-
5990

Or Text TALKWITHUS

66746

20 Tools So Far...

Meditation

Mindful
Movements

The
Perspective
Journal

The Mindset
Pivot

Zoom
Exhaustion

ANT Therapy

Eat That Frog

My Anxiety
Chart

The Rearview
Mirror

The
Unchanging
Letter

Grounding
Tools – 5-4-3-
2-1

Mindfulness

Acts of
Kindness

HeartMath

Radical
Acceptance

Bracketing

Setting
Intentions

Schedule Your
Stress

The No
Complaining
Promise

Submerge
Your Anxiety

What Tools Did You Try?

5 Quick Hacks

1. Bracketing

2. Setting Intentions

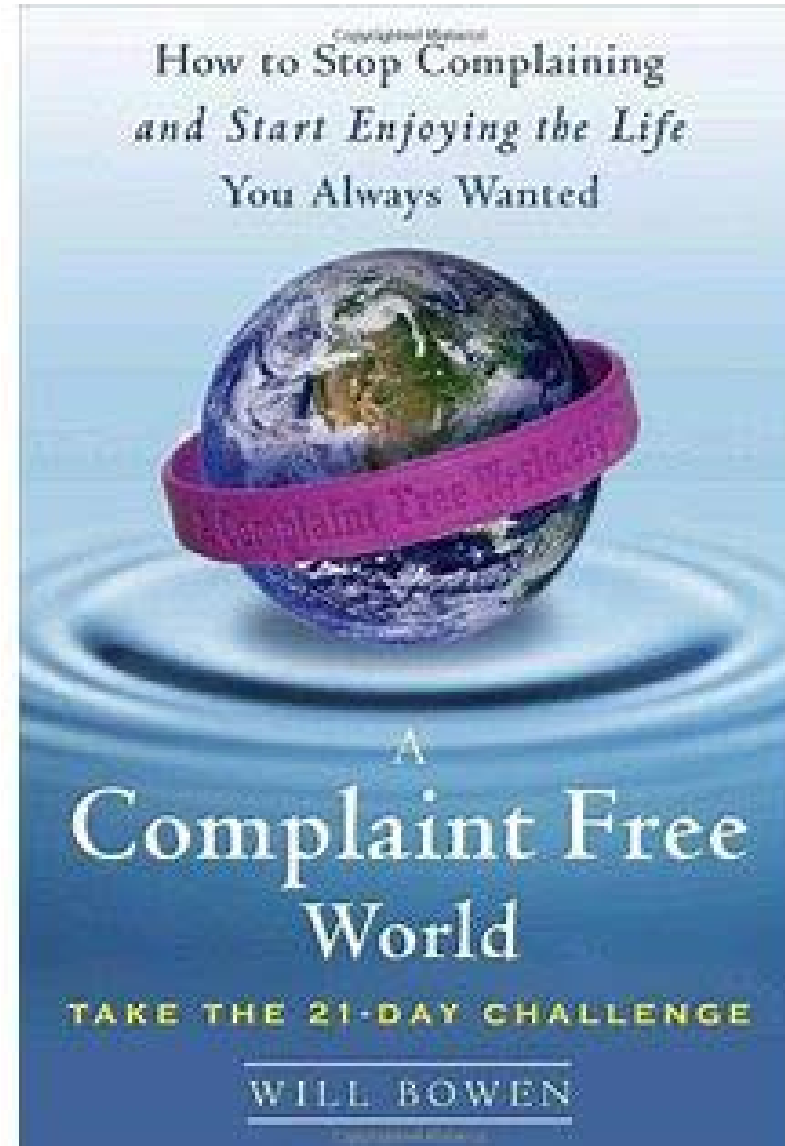
3. Schedule Your Stress

4. The No Complaining Promise

5. Submerge Your Anxiety

What was your experience with committing to not complaining?


Did You Try It?



How Are We Feeling?

- Sad
- Angry
- Lonely
- Exhausted
- Discouraged
- Anxious
- Restless
- Distracted
- Numb

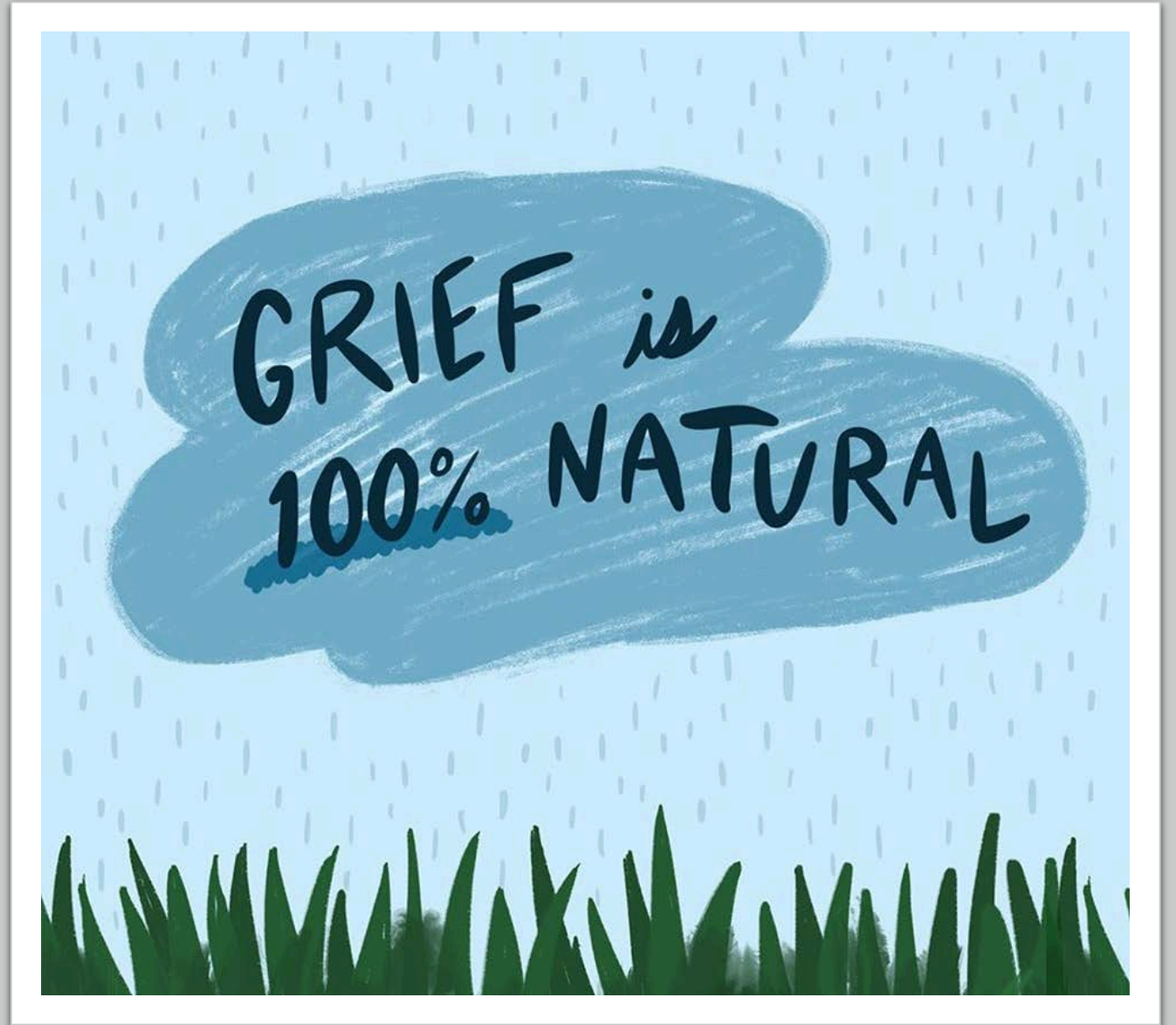




How are Your Feelings Impacting Your Relationships?

- Increased Irritability
- Hyper-Sensitivity
- Emotional Distancing
- Avoidance/Shut Down
- Conflicts Escalate Quickly
- Less Patience
- Increase Alcohol/Drugs
- Low Libido

Today's Tool





Grief is About Loss



What are some things
you have lost since
March 2020?

(Type in chat box or
write on paper)

#MYOPTIONB

this holiday I have the right to:

1. CHOOSE HOW TO SPEND THE HOLIDAY
2. DO ONLY WHAT FEELS RIGHT
3. LET PEOPLE HELP
4. FEEL HOWEVER I WANT TO FEEL
5. TALK ABOUT IT — OR DON'T
6. TAKE CARE OF MYSELF
7. HOLD ON TO HOPE

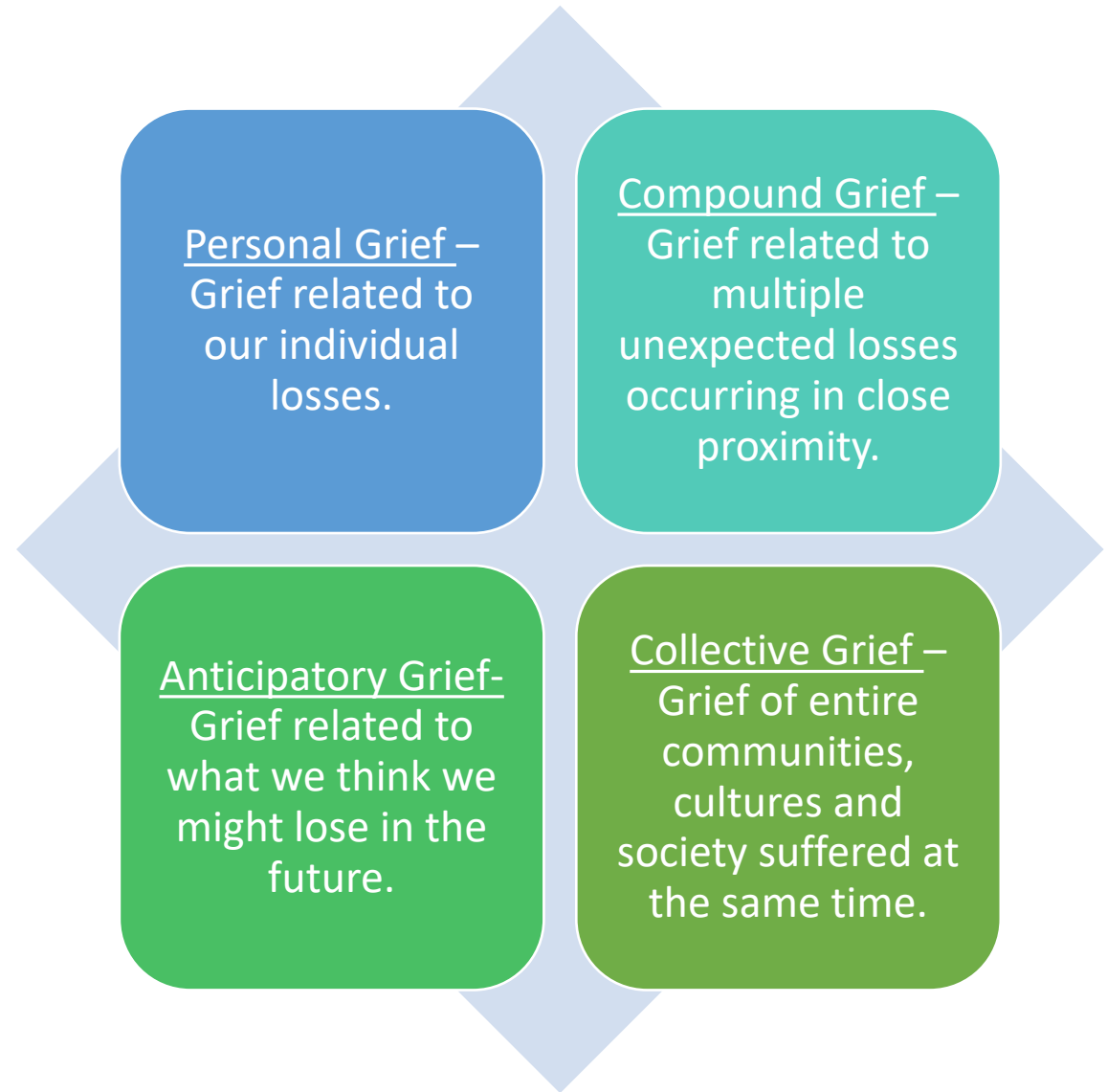




Losses

- Sense of Normalcy
- Health
- A Loved One
- Connections
- Social Rituals
- Structure & Predictability
- Financial Security
- Vision/Idealism
- Dignity
- Certainty/Reliability/Trust about the Future
- Sense of Safety
- Trust in Systems
- Worried about clients, families –gaps in services

Recognize we are Experiencing Layers of Grief




That's A Lot.

What To Do: Step #1

Treat yourself as you would a friend.





What To
Do: Step
#2

Acknowledge Your Grief

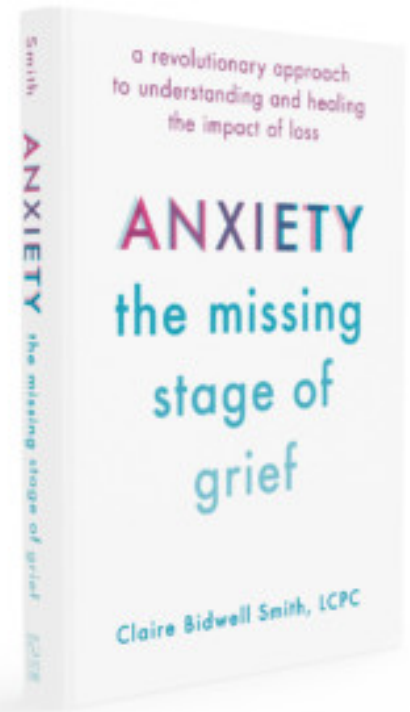
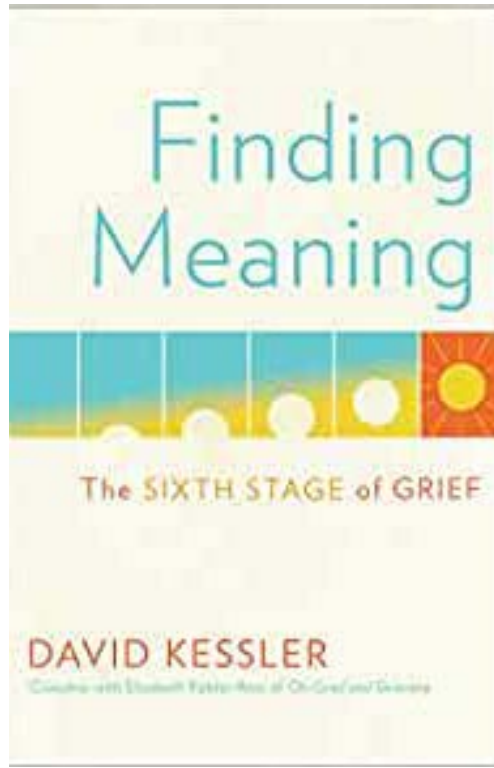
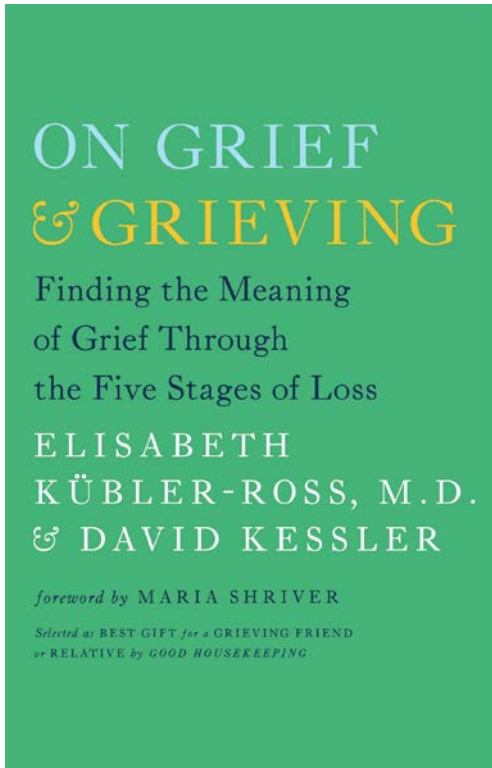


What To

Do:

Step #3

**Use the Stages of Grief as
a Guide to Understanding
Your Feelings**



The Stages of Grief

1. Denial
 2. Anger
 3. Bargaining
 4. Sadness
 5. Acceptance
 6. Meaning
- Anxiety



Grief.com

“We are
Grieving the
World we Have
Now Lost”
Video

David Kessler



The Stages of Grief

Denial



“This virus thing
won’t affect me.”

The Stages of Grief

I sat with my
anger long enough,
until she
told me her
real name
was grief.

Anger

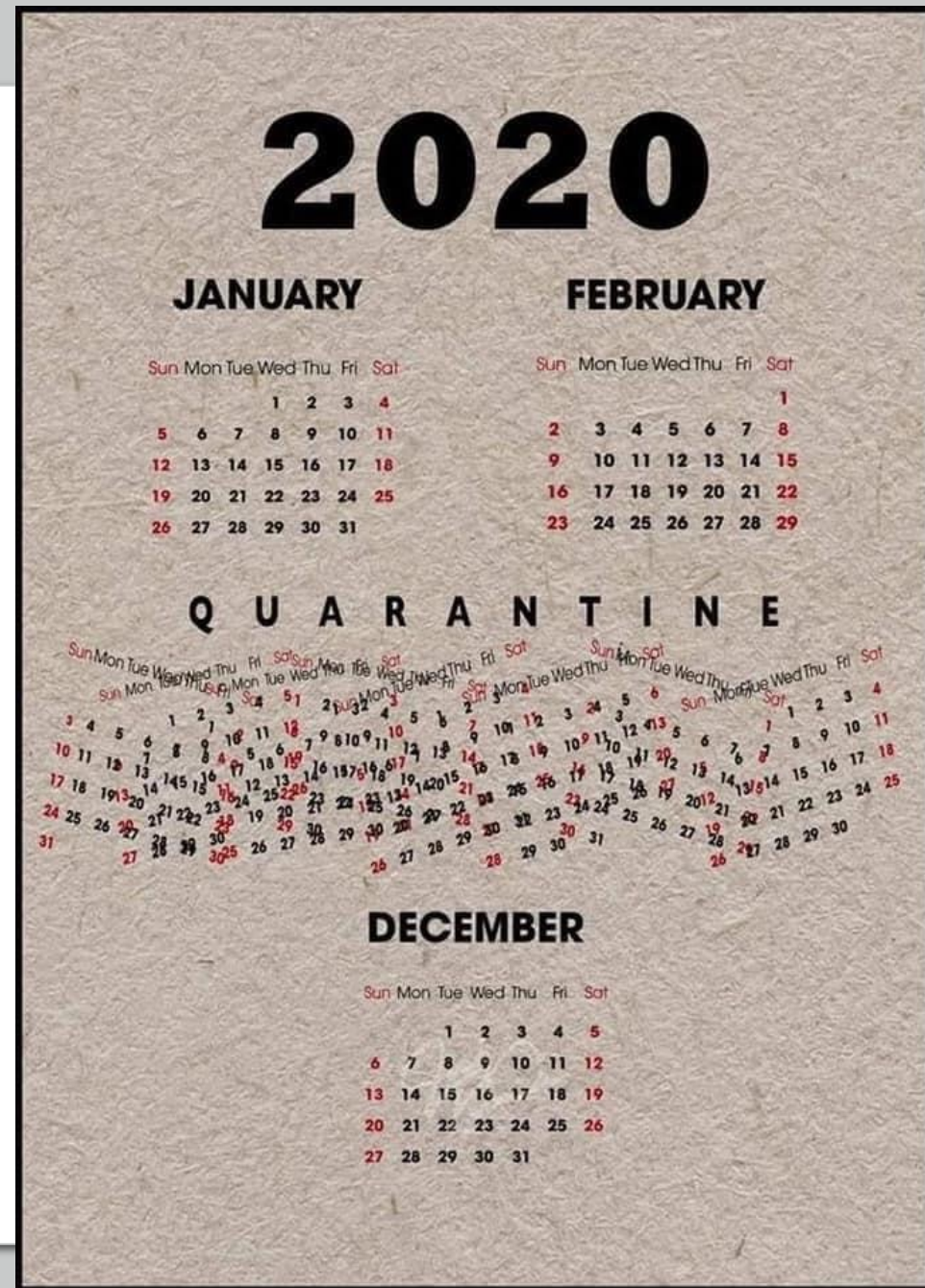


“They shut down school,
closed businesses and
churches – they can’t do that!”

The Stages of Grief

Bargaining

“If I social distance for a few more weeks we can get back to normal, right?”





The Stages of Grief

Anxiety

“Will this ever go back to normal?”

“How will this impact my employment?”

The Stages of Grief

DID YOU KNOW?

“Crying is one of your body’s ways of regulating itself. Your tears literally contain stress hormones. Stop holding them in!”

Amanda E. White, LPC
@therapyforwomen



The Stages of Grief

Acceptance

“This is happening. It is real. I’ve got to figure it out.”

The Stages of Grief

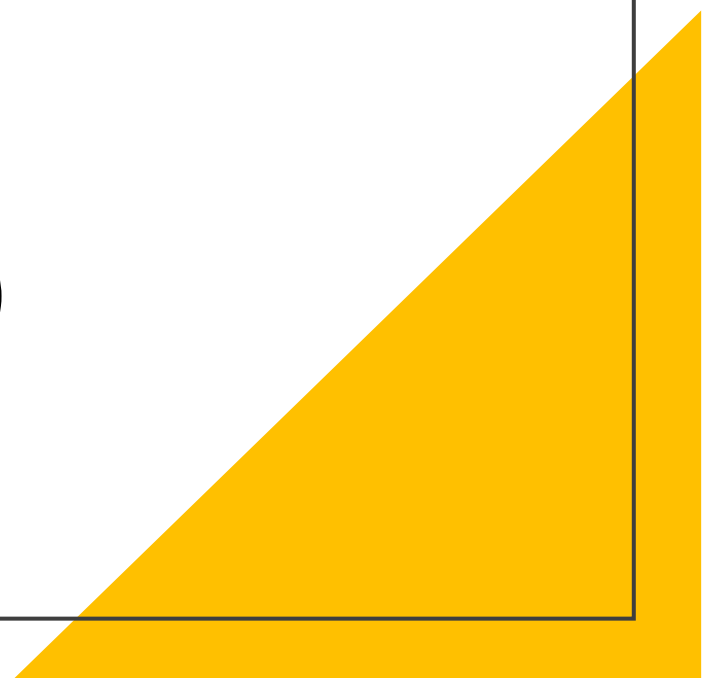
Meaning

TBD. It's still early.

“What have I learned about myself so far?”

What
To Do:
Step
#4

Be Diligent About
Balancing Your
Emotions
(Brain Chemistry)

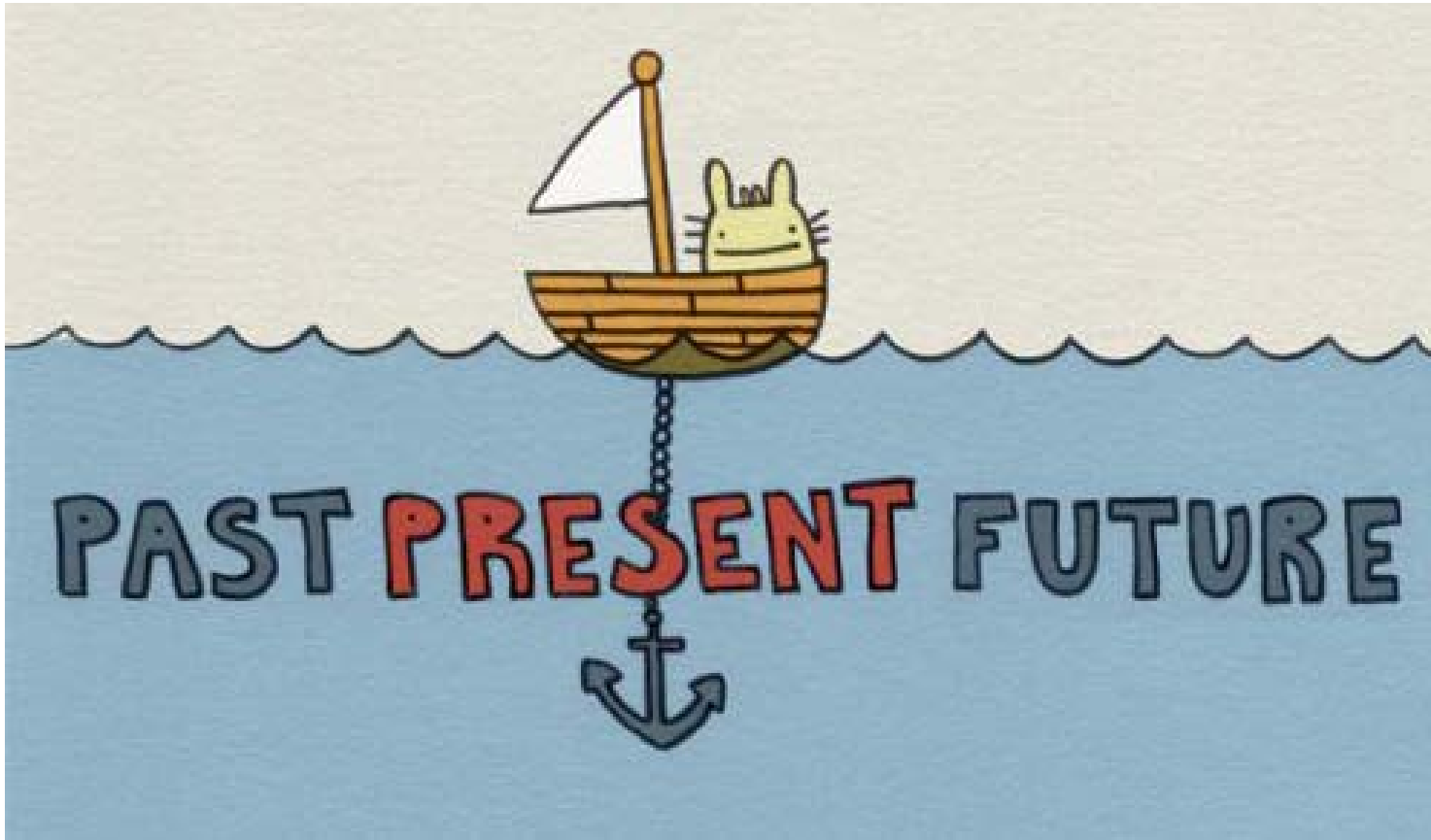


Taking care of yourself is an
essential part
Of taking care of others.
The healthier the tree,
The better the fruit it can offer.

-Peaceful Mind, Peaceful Life







What To Do: Step #5

Bring Your Focus to the Present Moment.

(Breathing. Mindfulness & Grounding Exercises)

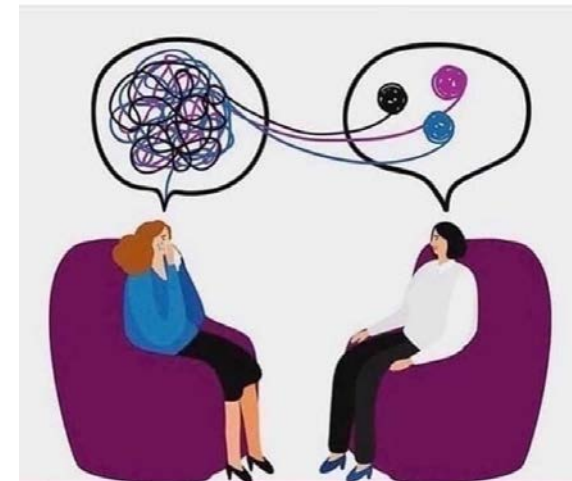
What To Do: Step #6

Remember: Emotions Need Motions

- Write
- Talk
- Cry
- Create
- Move Your Body
- Therapy



Absolutely love this depiction of therapy. Please remember how powerful talking is ❤️





What To Do: Step #7

Self-Soothe



TAKE
EXTRA
GOOD
CARE OF
YOURSELF

I KNOW YOU DON'T WANT
TO SEE ANYONE RIGHT NOW
— BUT THERE IS LUNCH ON
YOUR DOORSTEP. CALL ME
WHEN YOU'RE READY TO TALK.

THANK YOU
SO MUCH



@OptionB

Key Needs Right Now Are...

- Recognizing and acknowledging grief as a primary condition for all of us – individually and collectively.
- Recognizing that we can't "Fix it" for ourselves and others but we can support our/their grieving.
- Recognizing our losses and acknowledging feelings about the losses is critical.
- Empathy is powerful and available for us to give to ourselves and each other.

We Grieve Because We Care: That's A Good Thing



I know now that we never
get over great losses; we
absorb them, and they
carve us into different,
often kinder, creatures.

Gail Caldwell



Mindful
Movements



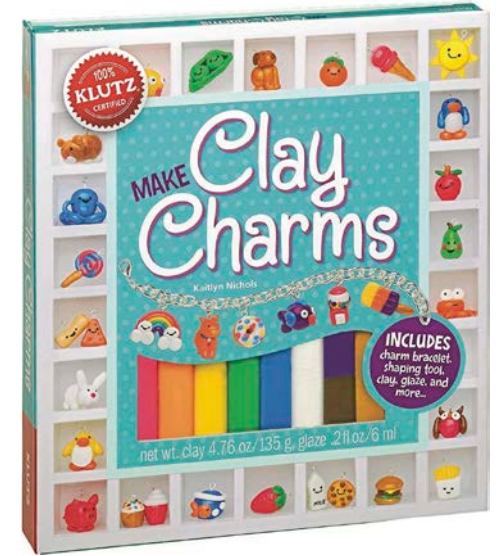
Coping Ideas...



more coping ideas



Kids Coping Ideas



Kids Coping Ideas

#MYOPTIONB

gratitude can
help take some of
your grief

@OptionB

Handout;

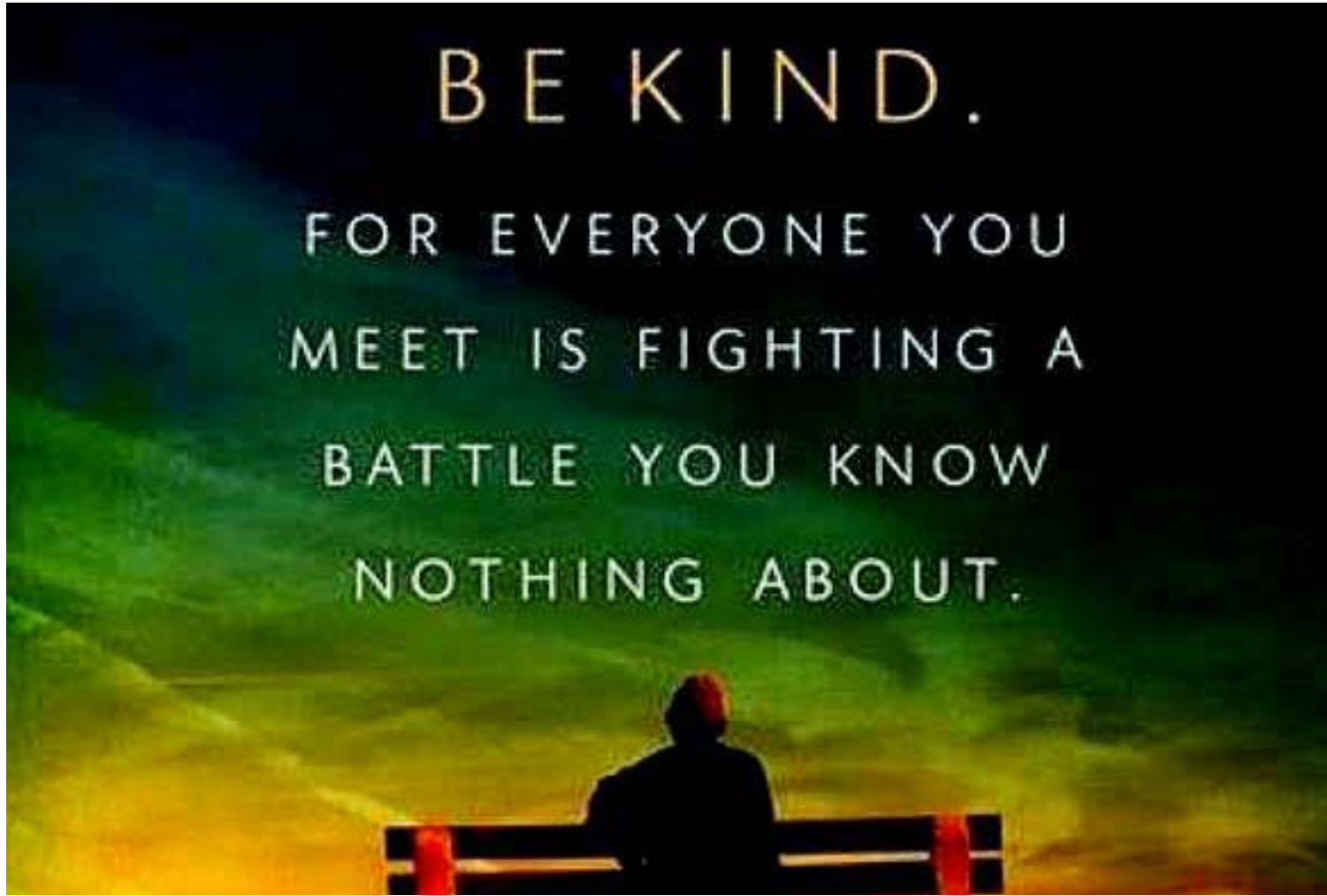
COVID Grief Resource List

Tap Into
Your Joy



BE KIND.

FOR EVERYONE YOU
MEET IS FIGHTING A
BATTLE YOU KNOW
NOTHING ABOUT.





2019

2020

2021

Kay Glidden

- kayglidden@gmail.com



Beth Reynolds Lewis

- info@compassionresiliency.com



Resources for Grieving During COVID-19

1. *Anxiety the missing stage of grief*, Claire Bidwell-Smith, 2018.
2. Centerforloss.com – This Pandemic of Grief – Center for Loss & Life Transition, Dr. Alan Wolfelt
3. *Finding Meaning: The Sixth Stage of Grief*, David Kessler, 2019.
4. Grief.com – COVID tab, 15 minute video, “We are Grieving the World we Have Now Lost” with David Kessler
5. Good-grief.org COVID Resources
6. Grief: Releasing Pain, Remembering Love & Finding Meaning Free Pop Up **Private Facebook group** with David Kessler.
7. *Option B: Facing Adversity, Building Resilience and Finding Joy*, Sheryl Sandberg & Adam Grant, 2017.
8. *On Grief and Grieving: Finding Meaning of Grief Through the Five Stages of Loss*, Elizabeth Kubler-Ross, 2014.
9. Refugeingrief.com
10. We are All Grieving: This is How We Get Through It – New York Times **video**, Esther Perel, Psychotherapist.



K Glidden 7-2020

