



Grief and Loss in Covid 19

“Tools that Go With You”

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What is Normal When Grieving?

- Loss of Concentration
- A feeling of Numbness
- Insomnia (or too much sleeping)
- Change in appetite
- Emotional Rollercoaster
- Ambivalence
- Preoccupation
- Anger and Frustration
- Feeling Alone

Outline

- Why you are here-what is *right* with you?
- Who Am I? (A caregiver since childhood.)
- What is Grief? Some Definitions...
- What is recovery?
- Support and resources.
- Discussion Q&A

What is *Right* with You?

- An old subject has taken on new meaning in Covid 19 — we are all being affected by losses daily.
- In the memory care community, significant losses are frequent and ongoing.
- Caregivers are often “too busy” to take care of their own needs.
- Thank yourself for being here!

Definition: What is Grief?

“The normal and natural reaction to significant emotional losses of any kind.”

“Grief is the conflicting feelings caused by the end of or a change in a familiar pattern of behavior.”

“Grieving is neither a pathological condition nor a personality disorder.”

Looking at your own story

“Unresolved grief is almost always about things we wish we had said or done differently, better or more.”

Tool#1 Starting today, you can look at your own grief history.

Tool #2 Find a partner you trust to share it with and tell the truth.

Tool #3 “Letting go of any expectation of a better yesterday.”

How do I know I am grieving?

Living “Out of the present moment”

Drained Energy

Closed Hearts towards others and experiences

A need to protect ourselves from any new hurt

Hiding our true feelings for fear of judgment

Isolation and Loneliness often result from choices

Depression and Anxiety may result

Unresolved Grief:

*May lead to addictions,
poor mental and physical health,
and unnecessary suffering....*

May lead to chronic Anxiety and/or Depression.

“How we grieve now is
how we learned how”

(My Story)

Why Talk About Grief?

- *On everyone's mind, though often we don't know what to do with it.*
- Myths of our culture and human nature often are not helpful.
- We often do not know what to say to others' experiencing loss.

UNHELPFUL MYTHS

“Don’t Feel Bad”

“Replace the Loss”

“Be Strong for Others”

“Keep Busy”

“Time Heals All Wounds”

“Grieve Alone”

“Feeling Guilty” (Did we mean to do harm?)

How can we be more proactive?

- What has worked for you?
- What has not worked?

What Works?

- We need simple but effective tools for resilience and wellbeing.
- We can support each other and learn to be good listeners, rather than trying to “fix” people’s grief experience.
- We are better support if we have addressed our own losses first.

Artichoke Metaphor:

*“To enjoy
the artichoke flower,
we must peel away
the prickly layers,
to get to the
soft and precious
heart.”*

Recovery

- Grief Recovery is one component of resilience to life's challenges.
- Addressing unresolved communication, being supported and developing listening skills are essential to wellness and healing.

Connecting with others and taking action steps

- Humans are wired for homeostasis, and we tend to resist change — but it can be intentionally transformative.
- Humans have a need to “be heard”.
- Letting go, forgiveness and freedom are possible.

*“Making Meaningful Change”
— Jennie Lee, author of articles in
Yoga Digest, Yoga Therapy Today*

Loss is Inevitable;
Finding meaning is possible.

Finding Meaning:

by David Kessler

Author of *The Sixth Stage of Grief*, 2020;
Protégé to E.K. Ross, *5 stages of Dying*;
On Grief and Grieving (co-authored);
Podcast: “Unlocking Us,” with Brene Brown
(3.30.20)

“Compassionate grievors are
compassionate partners.”

--Grief Recovery Method.Com

- We can be transformed through small changes--now.
- Do not grieve alone--intentional conversations and connecting are key!
- Finding meaning often is a result of the lifting of the pain.
- (We begin to see and feel good things we had forgotten.)
- Do the work--it's worth it.

Grief Recovery

A descriptive and personal process, it is not prescriptive:

Please see www.GriefRecoveryMethod.com for ongoing support and resources.

We use the text: *The Grief Recovery Method*, by John James and Russel Friedman, Founders.

Best to you!

Peach Jack