



Anxiety, grief & coping with re-deployment



How are you?



“We are all dealing with the collective loss of the world we knew” .

- ▶ Brene Brown podcast “Unlocking Us” (David Kessler & Brene Brown, Episode: Grief and Finding Meaning, 2020)



Any Type of Loss Can Trigger Grief

Some of the things that we are grieving as a result of the COVID-19 pandemic include:

- ▶ Job loss
- ▶ Financial anxiety
- ▶ Loss of safety
- ▶ Worry about loved ones
- ▶ Social distancing, quarantine, and feelings of isolation
- ▶ Changes in daily habits and routines
- ▶ Special plans and events that have been canceled
- ▶ Clashes with family members over how to protect yourself
- ▶ Worries about how to pay rent, utilities, and other bills
- ▶ Sadness over how the pandemic will affect the world
- ▶ Fears for the future



You may be experiencing anticipatory grief

- ▶ Not only are people grappling with the loss of normalcy, but also with anticipatory grief, or the feeling that greater loss is yet to come
- ▶ Anticipatory grief is a type of grief that occurs before a loss



Signs of Grief

It is important to remember that grief is a normal reaction to a loss. We all experience grief at some point in our lives. While we might expect feelings of shock, numbness, sadness, anger, and anxiety, signs may be less clear for those experiencing anticipatory grief.

Some signs that you might be coping with grief in light of the pandemic include:

- ▶ Trouble focusing on normal tasks
- ▶ Sleeping much more or less than usual
- ▶ Feelings of anger and irritability
- ▶ Headaches and upset stomach
- ▶ Fatigue or low energy
- ▶ Re-experiencing feelings of past grief
- ▶ Engaging in activities such as eating, drinking, or online shopping to cope with anxiety
- ▶ Avoiding thinking or talking about the pandemic

A dark blue arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

Ways to Cope

- ▶ Practice self-care
- ▶ Give yourself time
- ▶ Remember your feelings are valid
- ▶ Reach out to family and friends
- ▶ Find support
- ▶ Explore coping techniques
- ▶ Check-in with others



“ Connection is why we are here, it’s what gives meaning and purpose to our lives” .

► Brene Brown

A dark blue vertical bar is on the left side of the slide. A black arrow points to the right from the top of this bar. Several thin, curved lines in shades of blue and grey originate from the left side and sweep across the slide towards the right.

Coping with Re-Deployment

- ▶ What has been your experience so far?

A dark blue vertical bar on the left side of the slide. A black arrow points to the right from the top of this bar. Several thin, curved lines in shades of blue and grey originate from the bottom left and sweep upwards and to the right across the slide.

Coping

- ▶ What coping strategies are most support to you right now?



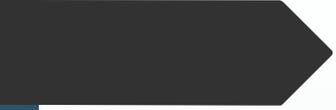
To Summarize...

- ▶ Grief is a normal response to loss.
- ▶ The COVID-19 pandemic has upended many aspects of the normal grieving process - even if you have not yet experienced a direct loss, don't assume that what you are feeling is not grief.
- ▶ Whether you are coping with job loss/changes, financial instability, loneliness, or a general sense of anxiety about coronavirus, the emotional upheaval caused by coronavirus may trigger feelings of grief and loss. How you deal with what you are feeling can depend on a wide variety of factors including your overall resilience and social support systems.
- ▶ Give yourself permission to mourn and treat yourself and others with kindness during this difficult time.



Loving-Kindness Meditation





Thank you!

- ▶ All materials will be uploaded onto the MSOT website (coming soon!).
- ▶ Please get in touch if you have any questions
- ▶ See you next week!