



Good Grief: Honoring Grief and Loss

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To acknowledge and honor the grief and loss associated with COVID-19, by the end of the session, participants will be able to:

1. Discuss the manifestations of grief and loss during a pandemic.
2. Identify stages, emotions, and expressions of grief.
3. Determine strategies to acknowledge and move forward with grief personally and collectively.

Recognizing that in the midst of the COVID-19 crisis we all very likely are experiencing some form of loss that can impact our daily interactions and behaviors. Grief is a normal process that is expressed and experienced differently by everyone. How do you acknowledge grief and loss? How do you support others that are grieving during these unprecedented times? How do we move forward together?

Emotions Exercise:

Find three words that you have experienced, seen, or heard over the past 6 months. These words could be from the inner circle of the Feeling Wheel (Happy, Sad, Disgust, Angry, Afraid, Bad, or Surprise – which are primary feelings) or it could be any of the words in the outer rings (which are secondary feelings that connect to the primary feelings).

1. _____
2. _____
3. _____

Reflection Question: What loss are you experiencing?

Reflection: Thriving the Storm

Identify three actions you will take to move forward with the grief and loss experienced during COVID-19 Pandemic or the public health crisis of racism, or regional fires, etc. What will be your strategy to thrive during the storm?

1. _____

2. _____

3. _____

Grief and Loss Notes: