

BUILDING RESILIENCE IN TIMES OF LOSS

- Most of us are experiencing grief as a result of loss, at differing magnitudes, in these challenging times.
- Whether a rite of passage, experience, opportunity, the loss of a loved one or something else, it is important to acknowledge these losses and how we feel about them.
- As we grieve these losses we can search for meaning in them to build our resilience in circumstances that are out of our control.

"We tell ourselves things like, I feel sad, but I shouldn't feel that; other people have it worse. We can, we should, stop at the first feeling. I feel sad. Let me go for five minutes to feel sad. Your work is to feel your sadness and fear and anger whether or not someone else is feeling something."
-David Kessler, author of [Finding Meaning: The Sixth Stage of Grief](#).

"In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice."
-Viktor E. Frankl, [Man's Search for Meaning](#)

Resources

- [Brene Brown Unlocking Us podcast](#), On Grief and Finding Meaning
- [Action For Happiness Meaningful May Calendar](#)
- [Grieving the Losses of Corona Virus, NY Times 3/23/20](#)
- [On Coronavirus Lockdown? Looking for Meaning, Not Happiness NY Times 4/6/2020](#)
- [University Counseling Center](#)



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NAME WHAT YOU HAVE LOST AND THE ACCOMPANYING FEELINGS

**WHY WERE THEY IMPORTANT TO YOU?
WHAT VALUES DID THEY TAP IN TO?**

**HOW CAN YOU CELEBRATE AND HONOR WHAT YOU HAVE LOST?
WHAT RITUALS WILL HELP YOU WITH THAT?**

**HOW CAN YOU BE HELPFUL TO OTHERS IN ALIGNMENT WITH YOUR
VALUES DURING THIS TIME?**