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
- University Counseling Center
BUILDING RESILIENCE IN TIMES OF LOSS

NAME WHAT YOU HAVE LOST AND THE ACCOMPANYING FEELINGS

WHY WERE THEY IMPORTANT TO YOU?
WHAT VALUES DID THEY TAP INTO?

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?