HEALTH FOR A CHANGE

Kentucky Inspired: Grieving in the Time of COVID-19

October 29, 2020

Foundation for a Healthy Kentucky’s MISSION

To address the unmet health needs of Kentuckians
Foundation for a Healthy Kentucky’s MISSION

By...
- Developing and influencing policy
- Improving access to care
- Reducing health risks and disparities
- Promoting health equity

www.healthy-ky.org
Join us!
www.smokefreetomorrow.org

Coalition for a
Smoke-Free Tomorrow

Join us!
www.kentuckyhealthychildren.org

Kentucky Coalition for Healthy Children
Area Development Districts welcomed . . .

- Buffalo Trace
- FIVECO
- Gateway
- Cumberland Valley

https://www.healthy-ky.org/events/bost-health-policy-forum

Howard L. Bost Memorial Health Policy Forum Webinar Series

Moving Kids Towards Natural Highs:
Kentucky Opportunities to Prevent Youth Substance Use, Suicide and Risky Behavior
TODAY: Survey Via Email

✓ Give your feedback
✓ Suggest future topics
✓ Only 3 minutes

www.healthy-ky.org/events/health-for-a-change

Need More Acres Farm, Allen County
www.healthy-ky.org/events/health-for-a-change

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Grief in the Time of COVID

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Executive Director Hildegard House
October 29, 2020

Moment of Silence
Grief in the Time of COVID

Take-Aways from Video

+ Collective Loss
+ Living Loss
+ Sense of self and personal identity may be affected
+ Vague sense of suffering = grief
+ Expect to waiver between sadness and happiness
+ Grief is natural and serves a purpose
Types of Grief

- Anticipatory Grief
- Sudden Grief
- Disenfranchised Grief
- Ambiguous Grief
- Traumatic Grief
- Post traumatic Grief
- Collective Grief
- Complicated Grief
Sudden Grief

Disenfranchised Grief
Ambiguous Grief

Even as he worries about his physical recovery, he fears that recovering from the emotional trauma may be even more difficult. Has not left his apartment because he is afraid. Can’t recognize the attackers because he lost his glasses with the first blows.

Traumatic Grief

BREONNA TAYLOR SHOOTING
Grief haunts Taylor’s boyfriend

‘Nothing else matters’ without her, Walker says

Even as he worries about his physical recovery, he fears that recovering from the emotional trauma may be even more difficult. Has not left his apartment because he is afraid. Can’t recognize the attackers because he lost his glasses with the first blows.
Post traumatic Grief
Complicated Grief

Keith Jarrett, 75
One of the most heralded pianist alive
Stroke in February 2018
Another in May 2018
Paralyzed left side
“I don’t know what my future is supposed to be. I don’t feel right now like I’m a pianist”.

Unable to discuss losing the strong bond he feels with the public.

Dreams “where I am as messed up as I really am - but I wake up and it’s just like real life.”
Stages of Grief

Maslow
What have you lost?

What type of grief are you experiencing?
- Arts
- Theatre
- Sports
- Movies
- Eating out

Human Contact
Touch

Job and relationships
Rituals

Unfortunately Thanksgiving is cancelled this year due to Covid. Sadly our pet turkey has passed away and we are holding a visitation. In lieu of flowers please bring a salad...or a side dish.
What can we do?

Name and Claim our Grief

Gut feelings are also 'guardian angels'
Listen to them.
DEAR 2020, FIRST OF ALL, I WOULD LIKE TO LET YOU KNOW I'M TYPING THIS WITH MY MIDDLE FINGER.

Grieving Begins with Acceptance
Lockdown can only go 4-ways. You'll come out a monk, a hunk, a chunk or a drunk. Choose wisely. 😳
Two things in life change you, and you are never the same:

Love and Grief.

- Unknown -
Grief is a force of energy that cannot be controlled or predicted...

Grief does not obey your plans, or your wishes.

Grief will do whatever it wants to you, whenever it wants to.

In that regard, Grief has a lot in common with Love.

- Elizabeth Gilbert
We are not all in the same COVID boat.

For some people it is sprinkling. This is a break. It is a breather. It’s a pause in the “normal”. It's time to reconnect with family and slow down. Honestly, it’s kind of peaceful.
For some it’s a storm.

It’s a bit scary. It’s disruptive. It’s enough to make you stay up and watch the news and worry.

For some it’s a hurricane.
It’s tearing off the boards and pulling at the roof. It’s tearing off the boards and pulling off the roof. It’s washing them out to sea. It’s dark and unknown. It’s life changing.
It’s not wrong to be enjoying the sprinkles or enduring the storm, but please don’t negate the difference.

Rest and take care of yourself, but don’t minimize the hurricane engulfing your neighbor.

Laugh at a meme, but get on your knees for your friends. Get in someone else’s storm.

How to turn from Fear towards Love

- Be willing
- Take ten, slow deep breaths
- Walk near trees
- Snuggle your pets
- Sit or lay down, place your hand on your heart; say “May I be happy; may I be healthy; may I be free from suffering.”
Ask me about my person who died. I know you worry you’ll remind me. But, I always remember. When you ask, my heart feels cared for.
Resources

If you feel you are feeling complicated grief, it may be wise to seek professional help. A broken heart does not necessarily mean a mental disorder.

Care and Crisis Lines:
Hosparus Health Grief Center 800-264-0521
Bluegrass Care Navigators, Grief Care 855-492-0812
National Suicide Prevention Lifeline (800) 273-TALK (8255)
National Youth Crisis Hotline (800) 442-HOPE (4673)
Crisis Text Line: Text HOME to 741741
Thank you