

CHANGE AND LOSS: How COVID-19 has affected us and our community

Considering questions like:
What are we Grieving? What's been Hard?
How are we Coping?

Presenter: The Rev. Dr. Cynthia Long
Chaplain at Western State Hospital
& Vol. Chaplain at W'boro Police Dept.

CALM

Life.....before pandemic



Presenter's Premise: Identifying and naming our struggles/ losses can help individuals cope better & ultimately can be helpful in managing the struggles, changes and losses we are dealing with.



As humans, we're entitled to our grief!

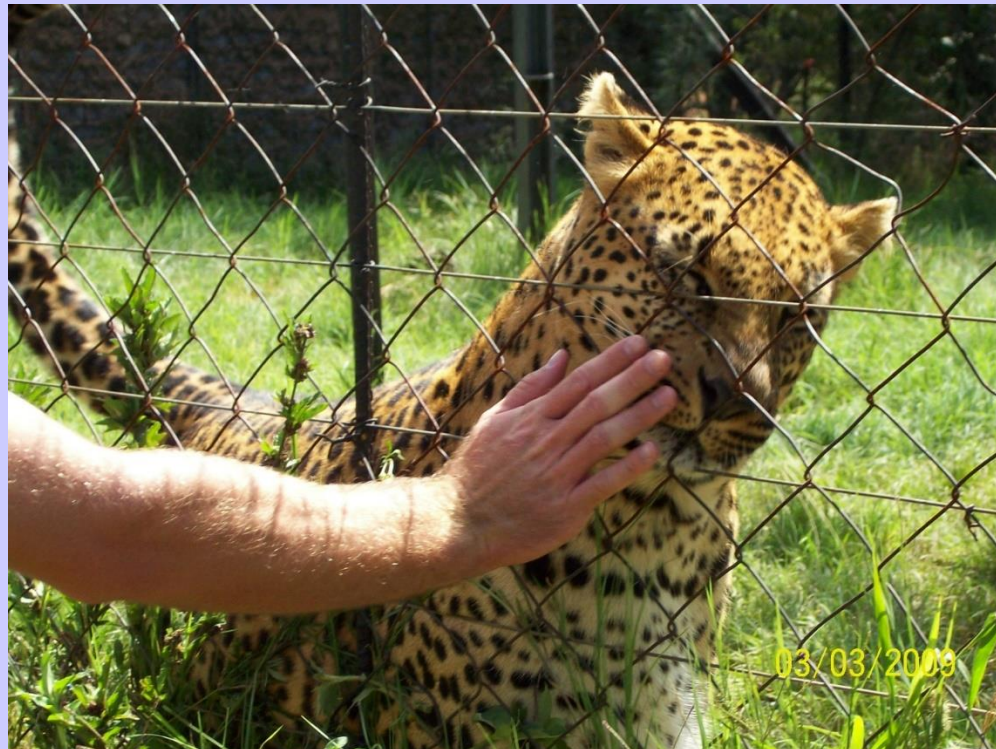
“ Don't let anyone take your grief away from you. You deserve it, and you must have it. If you had a broken leg, no one would criticize you for using crutches until it was healed. If you had major surgery, no one would pressure you to run in a marathon next week. Grief is a major wound. It does not heal overnight. You must have time and the crutches until you can heal. ”

Doug Manning

Definitions:

What is **grief**? (How an individual responds to loss/change.)

What is **mourning**? (Grief gone public.)



Types of Loss:

- Physical Losses (losses that are tangible)
e.g., death, loss of house or family heirlooms due to fire, loss of limb, loss of wedding ring...

- Psychosocial (Symbolic) Losses (not tangible)
e.g., divorce, loss of trust in others (due to trauma/abuse/assault/terrorist act), loss of hope, disillusioned with one's country or one's church, loss of sense of control.....

OPEN UP THE MICROPHONE/ “THE FLOOR”



What do you think people are grieving as a result of the pandemic?

What are some of the things that have been TAKEN AWAY from people? What changes have taken place since COVID-19?

NAME LOSSES

Do you think people are grieving
these losses individually – or
mourning them publicly?



PONDER: How have you been coping with all the losses & change during the pandemic?



Ask yourself: “Is this (action, thought, behavior) helping or harming me?”

Can we share some positive ways of coping (healthy coping) with the pandemic:
e.g., Running, reading, talking with friends,
creating art, meditating, listening to music,
playing with pets, grandchildren, gardening....



QUOTATIONS:

“Humans are born broken. We live by mending. The grace of God is the glue.”

Eugene O’Neill

“People cry, not because they’re weak. It’s because we’ve been strong for too long.”

Anonymous

“Struggle is the gift of new life in disguise.
Struggle shapes us and reforms us and
shapes us again.” Joan Chittister

“There is beauty in the dark valleys of life.
It is called hope.” Joan Chittister

FOR THE “WRAP-UP” -- THOUGHT & REFLECTIONS:

- What were your hopes for this session?
- What coping techniques shared tonight might be helpful to you?

- What can friends/ family/ members of your faith community do to help you and others in our community who are struggling as a result of the pandemic?

Feedback



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