

# Grief ~ Loss ~ Change

...and other tales from the quarantine

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# Objectives

- Grief
- COVID-19
- Self-care



Just back from our cruise. Had a great time.





If a tree falls  
in a forest....



If no one's there to smell the pretty candles at TJ Maxx, are they still fragrant?



If I wasn't able to have a funeral for my loved one, will they still be remembered?



If people are unaware of my daily sacrifices as a healthcare professional, is my work still important?



# Types of Losses

- Developmental
- Marerial possessions
- Some aspect of self
- Death





# Variables in Grief

- Nature of the loss
- Coping skills
- Internal External Processing
- Culture
- Sudden vs expected



- Anticipatory grief
- Concurrent stresses
- Perceived support system
- Disenfranchised grief



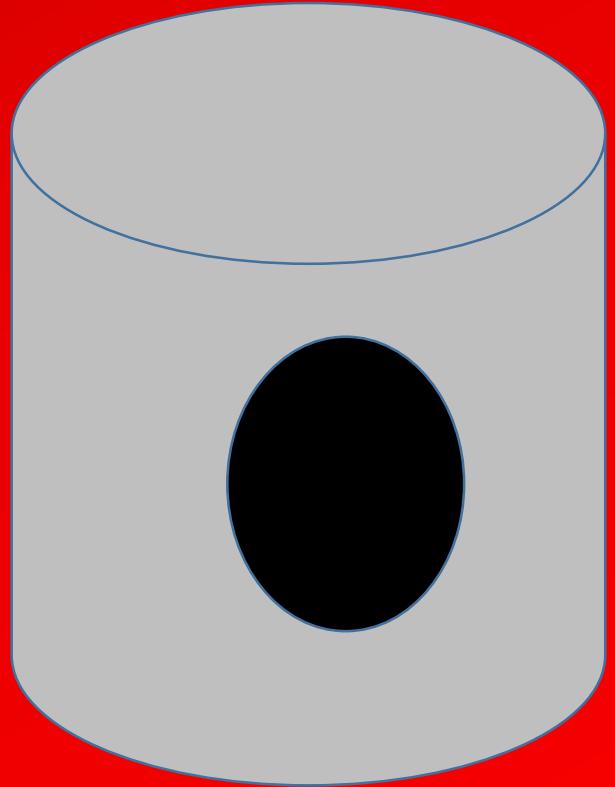
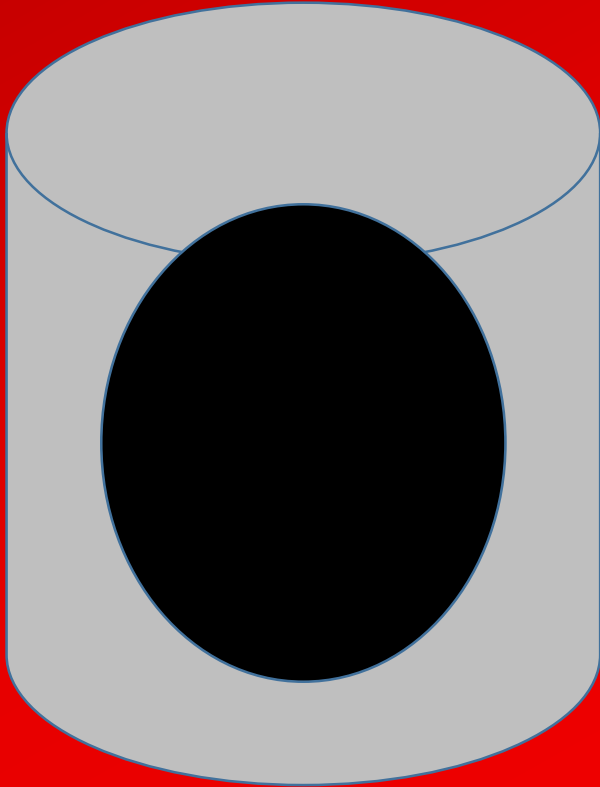
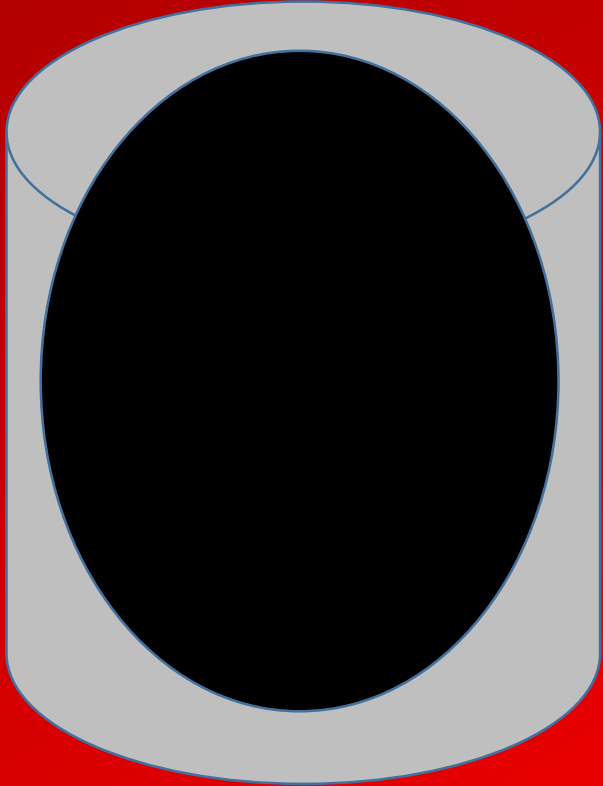
# Goals of Grief Care

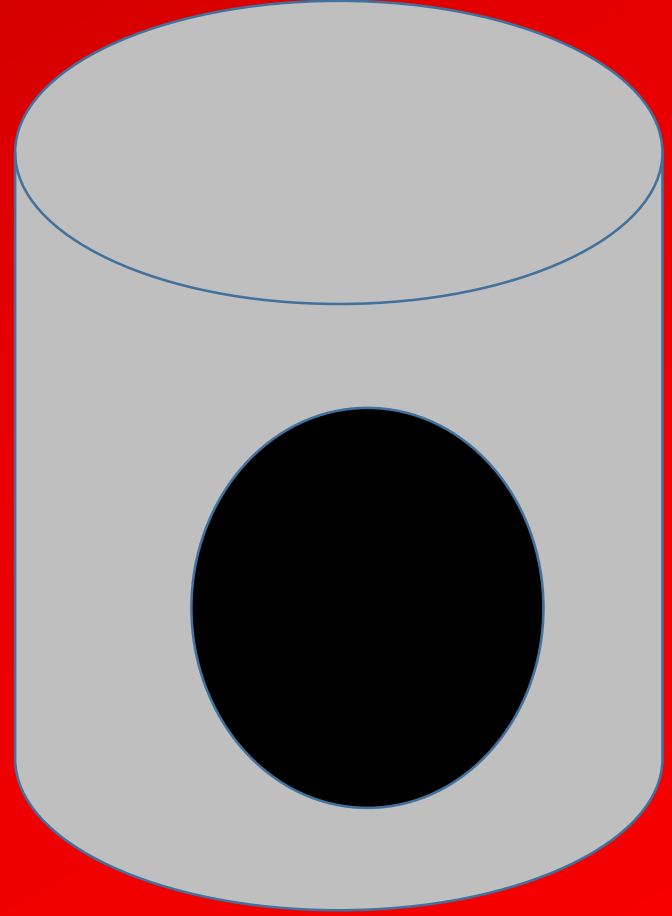
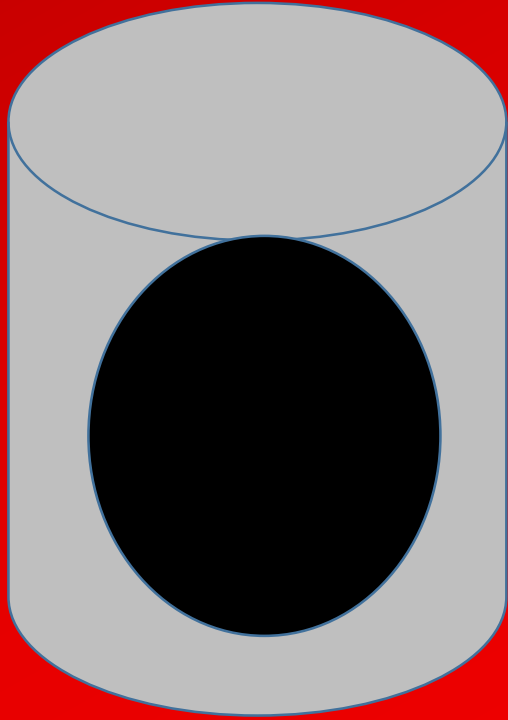
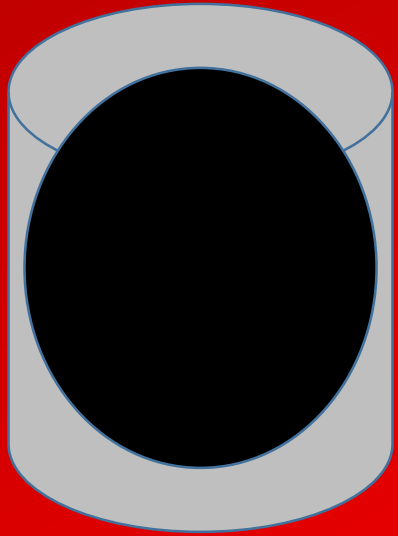
- Accept the reality of the loss / change
- Finding the new normal
- Survival



Will it get better?







# Coping

There's no one  
right way to grieve



T/C-2

ARE YOU  
**HAPPY?**

YES

NO

CHANGE  
SOMETHING.

DO YOU WANT  
TO BE HAPPY?

YES

NO

KEEP DOING  
WHATEVER  
YOU'RE DOING.

PRESENTED BY NISA IN ASSOCIATION WITH MERKLEJOHN CARR  
AN #PHIDE COLLABORATION FEATURED EXCLUSIVELY ON TYRHOV



Your  
Comfort  
Zone



Where the  
magic happens

# COVID-19

- Little known on the pandemic's impact on mental health
- Psychological stress not limited by geography
- CWRU study – 94% reported symptoms of grief



# What are we Grieving for?

- Life as we knew it / normalcy
- Job / Income
- Fellowship (unknown toll of social isolation)
- Security



# First Responders

- Caseloads
- Work hours
- Depression
- Suicide rate



# Cumulative Loss

- Multiple deaths at the same time or in serial fashion
- Often occurs in a hospital or hospice facility, and may lead to bereavement overload, or what has been called **cumulative grief**
- Cumulative grief is the caregivers response when there is no time or opportunity to completely or adequately grieve for each person who has died



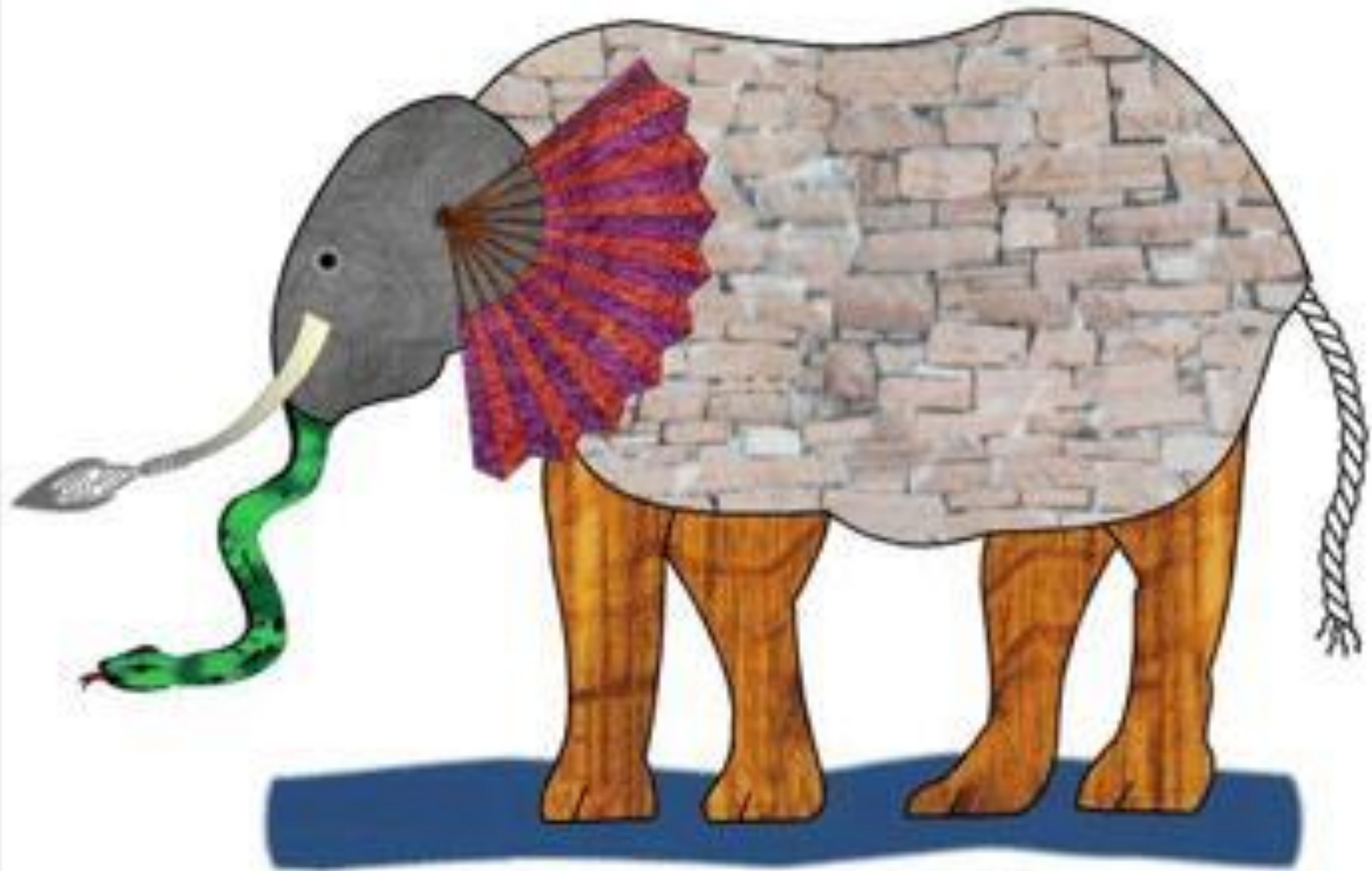
Cumulative loss is bouncing  
back and forth between the  
stages of grief without resolution



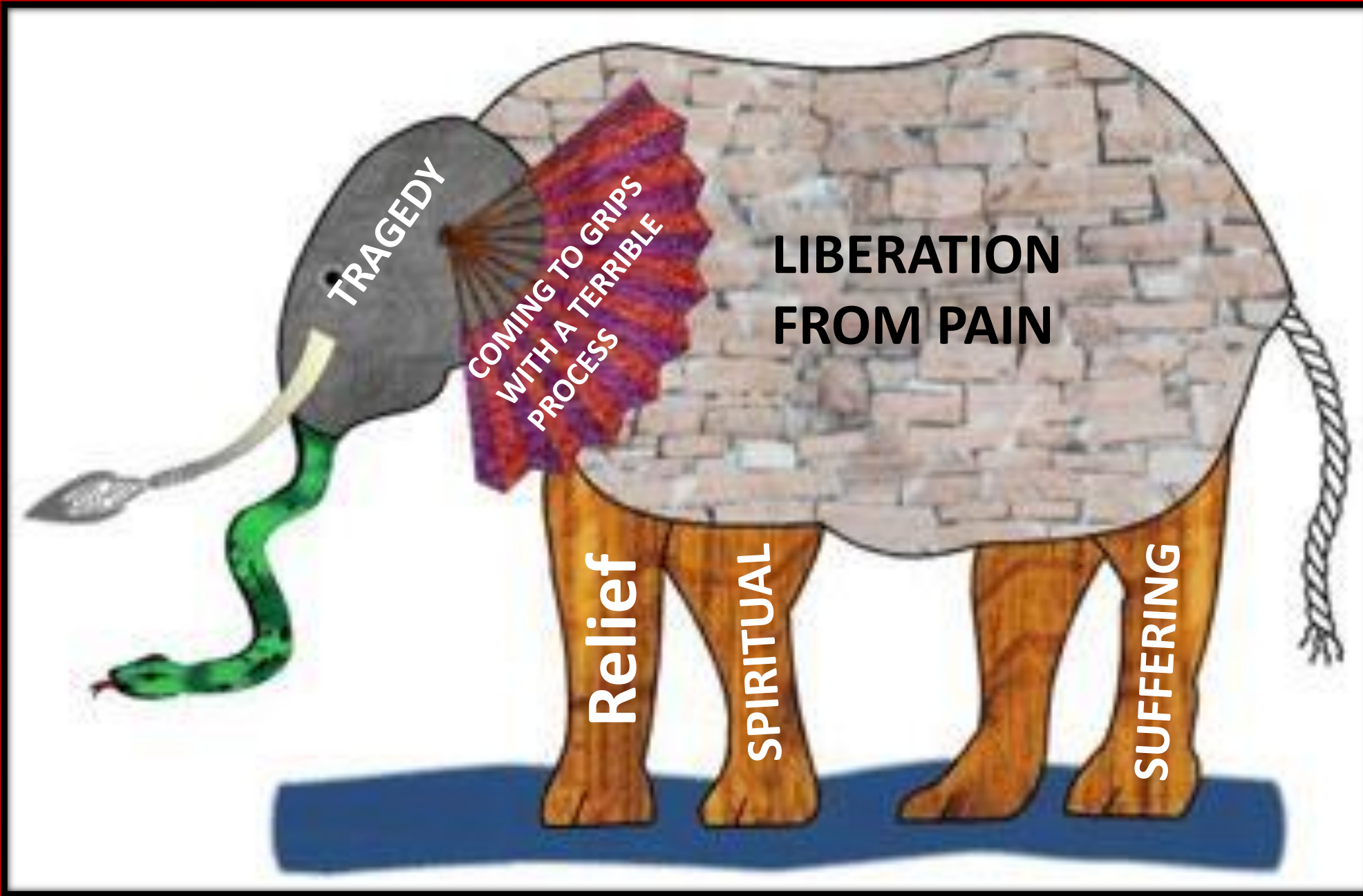
# Traumatic Loss

- Cumulative Trauma
- Vicarious Trauma
- Trauma is a perception
- Can lead to cynicism









TRAGEDY

COMING TO GRIPS  
WITH A TERRIBLE  
PROCESS

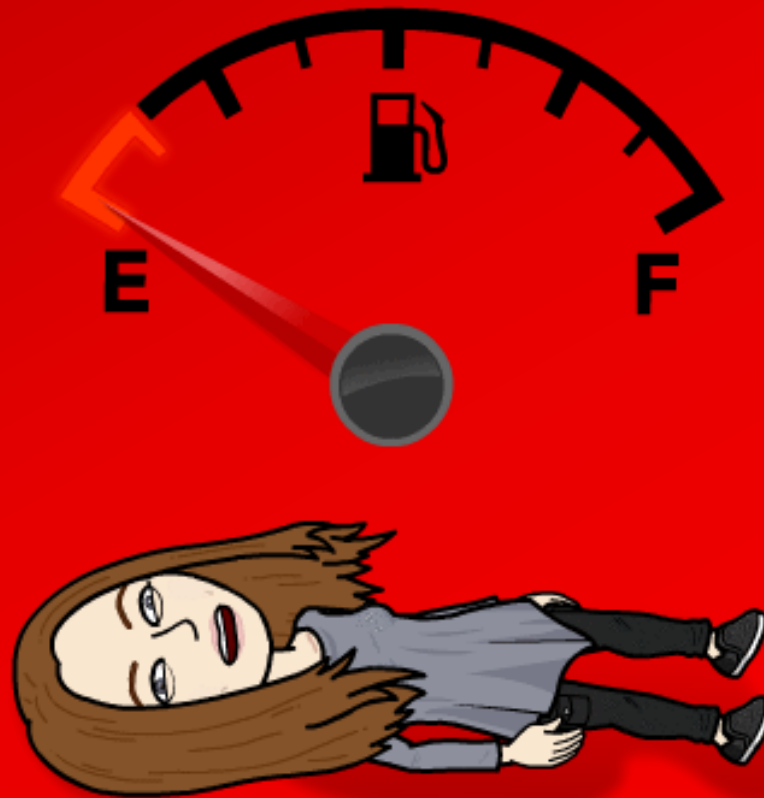
LIBERATION  
FROM PAIN

Relief

SPIRITUAL

SUFFERING

When stress rises, self-care tends to fall.



# Quarantine Reality



YOU WOULDN'T LET  
THIS HAPPEN TO  
YOUR PHONE.



DON'T LET THIS  
HAPPEN TO  
YOU EITHER.



SELF-CARE IS A PRIORITY.  
NOT A LUXURY.

# How Does Caregiving During a Pandemic Affect Your Life?

- Decision fatigue
- Find your tribe
- Work/Life balance
- Media consumption
- Your addictions



# Desserts







# Questions?





# Cornerstone of Hope

- Support Groups
- In-person and Telehealth Counseling
- Memorial Events
- 216-524-HOPE
- [www.cornerstoneofhope.org](http://www.cornerstoneofhope.org)



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CREATING A WORLD WHERE  
NO GRIEVING PERSON JOURNEYS ALONE

Thanks for  
Participating!

