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
- Material possessions
- Some aspect of self
- Death
Variables in Grief

- Nature of the loss
- Coping skills
- Internal vs 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
ARE YOU HAPPY?

YES
CHANGE SOMETHING.

NO
DO YOU WANT TO BE HAPPY?

YES
KEEP DOING WHATEVER YOU'RE DOING.

NO
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
Relief from pain through spiritual suffering in coming to grips with a terrible process.
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
Thanks for Participating!